Geom!*
GEORGIOS MYLONAS

Abundance Symbols

Energy Healing Symbols & Techniques
to Increase the Abundance in Your Life

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Important Note
The recommendations made in this book should not be considered a replacement for formal medical or mental treatment. A physician should be consulted in all matters relating to health, including any symptoms that require medical attention. Anyone who has emotional, mental, or physical problems should seek professional consultation before attempting any of these practices. While the information and the suggestions in this book are believed to be safe and accurate, the author cannot accept liability for any harm as a result of the use or misuse of these practices. This book is intended as general information and for educational purposes.

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Dedicated to the Abundance of All

THERE IS INFINITE ABUNDANCE!

The book that you hold in your hands is a map to abundance! A true map to real abundance! A complete guide of energy healing and energetic empowerment that will help you enlighten yourself and illuminate your life, as well as manifest more abundance and prosperity for you and your loved ones. And not only that! It will help you empower and magnify the abundance and prosperity of all people and all beings!

Abundance is the natural state of the universe, of nature, and of our Mother Earth. And on the spiritual level, abundance is the nature of Spirit. Spirit, the Divine, is abundance and the world, matter, is abundant. We, as human beings, have abundance from the moment we are born into this world. We have an abundance of experiences, options, and choices. An abundance of physical movements and actions, senses, thoughts, and emotions. We are born in a plane that has an overabundance of all forms and kinds. So many situations, so many aspects, so many changes, so many moments. So many possibilities. Our body is pure abundance, as is our inner world – our mind and psyche.

Infinite abundance inside our body! The mechanisms that make it work and keep it alive – so many forces of self-preservation and self-healing! All these systems, organs, and cells! And in our psyche, infinite abundance! All the sensations, emotions, thoughts, memories, intentions, dreams, and imagination, ideas, creativity, and inspiration. The abilities of observation, logic, analysis and synthesis, learning and remembering, as well as the ability to solve problems. So many abilities and powers that manage to create an entire society, an entire civilization, entire cultures, with numerous sub-systems: philosophy, religion, art, science, politics, economics, and technology. And so much variety and abundance in each of these fields!

And all around us… Infinite abundance! Countless forms, textures, shapes, colors, aromas, sounds. Animals, fish, insects, birds, plants, trees, herbs, flowers, fruits, vegetables, landscapes, forests, mountains, meadows, lakes, rivers, waterfalls, oceans, deserts, volcanoes, weather conditions, and natural phenomena. Even deep into the soil, so many elements, so many gemstones and metals. And high up in the sky, so many planets and stars, so many galaxies in an immensely vast universe. Is it one universe, or are there more? So many universal and cosmic elements and phenomena! And on the other side of the spectrum, in the microcosm, on a subatomic and quantum level! Innumerable wonders and mysteries! Truly boundless, unimaginable, infinite abundance!

Really, what is one? What is little?

If there is so much abundance inside and around us, then why do people experience the opposite, the lack of it?

Abundance is the natural state of the world and of Spirit. It is the nature of things, but man has to attune to it. To recognize it, to realize it. To open up to it and accept it, to receive and to offer it. To be awakened in it, to look at it directly. Man has to become one with it, to overcome all the elements that distance him from it, all fears and negative beliefs. Obstacles that come from within him as well as from outside of him, from others.

Human beings will have to heal themselves in order to return to health, to abundance. They will have to awaken themselves in order to reach enlightenment and abundance. They need to elevate, develop, and expand themselves in order to reach wholeness, freedom, and bliss – in other words, true abundance.

An abundance of light, an abundance of life, an abundance of awareness. An abundance of wisdom, an abundance of power, and an abundance of love. A spiritual abundance that includes and creates the material abundance. An abundance that is not selfish but is for the whole; an enlightened abundance for the good of all. An abundance with no trace of negativity. The abundance of the great teachers, the abundance of the enlightened ones, the abundance of the soul, and the abundance of the Source.

Part of this awakening and activation is the book you hold in your hands. Its 64 symbols. As well as what accompanies and complements them.

This bright abundance guide includes:

- The 64 energy symbols of abundance
- Affirmations and invocations
- Exercises and techniques
- A complete 64-day program

So let’s get started!

THE ENERGY SYMBOLS

Symbols are the language of Spirit, the language of light. They are energy keys that unlock different qualities of light, aspects, and properties of spiritual energy. They are tools of energy work and empowerment. Symbols are transcendental and have energy and power of their own. We can even say that they are alive and intelligent!

As tools of healing and evolution, they are absolutely helpful and valuable, as they offer a positive effect on our aura and energy body. They increase our energetic frequency, our vibrations. They charge us with vital energy and rejuvenate us. They purify and illuminate our energy field. They act on the subconscious by cleansing and healing it. The symbols open our way; they offer us new opportunities and options. They activate our potential and manifest our intention and strength. They focus our mind and spirit and bring us in contact with the invisible, the higher, the transcendental. Symbols are energetic gates to spiritual gifts and blessings. A spiritual technology, entirely positive, always functioning for the highest good and for the highest good only.

In this book, you will find 64 symbols. They are aspects of abundance. They manifest aspects of abundance. Their meanings and energies are close and complementary to one another. For example, “higher abundance,” as a concept, is similar to “deeper abundance.” But both symbols offer something different and additional. The 64 symbols allow us to work with abundance wholly and totally. In every sense. From every side. And on every level.

As designs, many symbols include the basic symbol of abundance and modify it with additional shapes to give it a quality. Some symbols are more general, more archetypal, such as the triangle or spiral. These are symbols that contain multiple meanings and a lot of energy. In this work, they are used in relation to abundance.

HOW CAN SYMBOLS HELP US WITH ABUNDANCE?

Abundance is a state of being. It is a state of consciousness, a spiritual state. From this superior, essential, real abundance emanates and derives all kinds and forms of abundance. The material abundance and prosperity, abundance of material goods and money but also the abundance of time and of wonderful, joyful, and meaningful moments. Also, the mental and the emotional abundance, abundance in joy, confidence, creativity, inspiration, knowledge, will, power, satisfaction, fulfillment, tranquility, and all higher, positive states.

Symbols help us unlock our spiritual abundance, the abundance of the spirit, of the true self; of the supreme and unlimited self. The one that is full of light, love, wisdom, and power. In addition, they give us energy, increase our vital power and emit higher, spiritual vibrations and frequencies. The symbols help us in manifesting. They clarify, radiate, and focus an intention. They are a language between us and the universe, a language between us and life, the whole and the Source. We begin to speak the language of light, the language of abundance, and therefore we can express it more in the here and now, in our lives. Another important element is that the symbols clear blockages and cancel lower frequencies, removing negative thoughts and programs that prevent us from unleashing our potential, so that we can experience the magnificent and wondrous beings that we are.

HOW DO WE USE THE SYMBOLS?

Energy symbols have a specific way of use! We draw them by hand in order to bring into our auric field the specific vibrations and frequencies that each symbol expresses.

We trace the symbols in the air in front of us, with our right palm. We keep our palm facing outward, as if we have paint on our palm and we are drawing on an invisible canvas in front of us. Many symbols, such as the Reiki symbols, have specific directions and numbers that show us where to start and how to proceed. In this case, in the symbols of abundance, there are no numbers or specific directions – we can draw them freely. This means that we can begin from any point of the symbol and draw any line and then proceed as we like, following our inner guidance. We move intuitively and draw it as we would on paper.

While we draw the symbols with our right hand, we keep our left palm open, facing upwards, resting on our knee if we are sitting, or to the side of the body if we are standing. Our left palm, open to the sky, symbolizes openness and receptivity.

Once we trace the symbol in the air, we do not lower our hand immediately. We hold our right palm still-and say the name of the symbol three times. For example, “Higher abundance, higher abundance, higher abundance.” We can say the name of the symbol mentally, but it is better to say it out loud, as speech has great power and sound vibrates, mobilizes, and expresses.

After drawing the symbol with our right hand in the air and naming it three times, we hold our hand still in the air for a while (one minute at least). We focus and calmly observe the energy of the symbol in our hand. How does the symbol in our hand feel? We may feel a sense of increased heat or cold,

pressure, tension, resistance, tingling, numbness, vibration, pulse, electricity, air, waves, or flow. It is the energy of the symbol! We concentrate on it and let it transmit, we channel it as we observe and feel it fully. We open and become more attentive and sensitive to higher vibrations. We observe – not only our palm but also the energy throughout our body, as well as our thoughts and feelings. As described above, after drawing it, we hold each symbol in the air for at least one minute. It is an internal, energetic process, which is why we do it slowly and calmly – in other words, meditatively.

This is the most complete way to use and apply the symbols but there are more ways to get in touch and tune in to them:

We can sit quietly and meditate on them, looking at them for a few minutes in a state of receptivity and calm.

We can visualize them. We visualize them in white or golden light, made up of white or golden rays/lines radiating light and power.

We can inhale them! We relax, look at them calmly and take some slow, deep breaths with the intention of receiving their energy!

We can draw them on paper with a gold marker, a color that expresses the spiritual light, the highest energy. Or we can design them with more colors, different ones, so that we get to know the symbols in color variations, seeing their other aspects and possibilities.

We can hold the pieces of paper with the symbols on them in our palms for a few minutes, activating them with our intention and the power of the energy of our hands.

Then we can place the papers somewhere intuitively. We can put them next to our bed or on our altar, if we have an energetic place in the house with spiritual objects – or in a place where we pray, meditate, and do energy and spiritual work. We can also place them in various other parts of the house for the activation and positive charging of the space.

We can also have the paper with the symbols we designed in our wallet or bag so that we can focus on them often and have them with us as a means of protection and empowerment.

In addition to paper, we can design them on stones, wood, fabric, and canvas and decorate our space with them, to activate and charge them. Or give them to another person for their own activation and empowerment. It is the perfect gift!

There are so many ways, as long as we are open to the guidance. Our inner self will guide us. The symbols, too, will guide us. They are like angels of light! Angels of abundance! Gifts of light! Gifts of abundance!

AFFIRMATION AND INVOCATION

Each symbol has a statement or affirmation that accompanies it. We can use the affirmation together with the symbol or independently. There is also a larger statement, an invocation that applies and grounds the symbol's affirmation more intensely and wholly within and around us. We read this invocation slowly, one or more times. Preferably, three times.

EXERCISE/TECHNIQUE

Finally, each symbol has an exercise that is directly or indirectly related to it. There are 64 exercises or techniques of abundance. We can read each exercise and make sure we put it into practice. If it is a meditation or visualization, we can do it right away. If it is a general guidance or some advice, then we just hold it in our minds and practice it in our daily lives as much as we can. Exercises, as well as invocations and symbols, develop the energy of abundance within and around us. The consciousness of abundance. Its manifestation and experience.

THE ABUNDANCE PROGRAM

The abundance program includes 64 days. Every day is dedicated to an energy or aspect of abundance. Each day has a symbol, an affirmation, an invocation, and an exercise.

Draw the symbol with the right palm in the air and name it three times, out loud. Hold your hand in the air for a few minutes to feel and radiate the energy of the symbol.

Read the affirmative statement and then the invocation. Read slowly and try to mean the words as you feel their energy. It is a meditative practice.

Then, read the exercise and try to incorporate the guidance in your life. If the exercise is a meditation or a technique, apply it right away.

All of the above comprise a complete session of energy healing and empowerment, which is truly powerful and effective. It takes 20–30 minutes to complete.

It is a complete and perfect self-healing in abundance!

In 64 days, your energy will change completely. It will be cleansed, strengthened, and illuminated, and you will fully ground the power and wisdom of spiritual abundance in your life. And this is the source and guarantee of all kinds of abundance, including material and financial abundance. There will be many positive changes. You can experience a great number of smaller and greater miracles during the 64 days and in the period that follows. Keep your mind and heart open. Apply the guidance that you receive. Feel the ascent, the progress, the evolution. The constant empowerment and increasing illumination that this work offers you, with all

the magnificent symbols, invocations, and techniques. A real treasure of abundance and a map, a bright guide towards it!

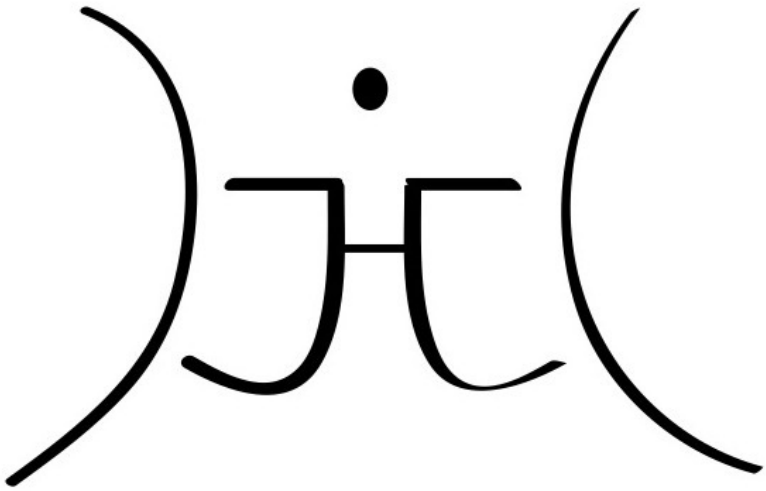
Have a good process of studying! A luminous and enlightened practice! A wondrous and exquisite self-healing and empowerment! With love and with joy!

Perfect Abundance! And Infinite Abundance! To you and to everyone!

THE SYMBOLS

UNLIMITED ABUNDANCE

ENERGY SYMBOL



Unlimited Abundance

It connects you to the unlimited nature of abundance.

ENERGY HEALING AFFIRMATION

I Step into Unlimited Abundance.

ENERGY HEALING INVOCATION

I Step into Unlimited Abundance.
I choose it, I will it, and I am directed towards it.

I Step into Unlimited Abundance.
It's so simple, easy, and natural for me!

I Step into Unlimited Abundance.
It is done immediately and from deep within!

I Step into Unlimited Abundance.
Wholly, completely, and perfectly!

I Step into Unlimited Abundance.
Every moment and in the here and now!

I Step into Unlimited Abundance.
Every single day; more and more each day!

I Step into Unlimited Abundance.
In the highest, greatest, and brightest way.

I Step into Unlimited Abundance.
On every level of myself and my being!

I Step into Unlimited Abundance.
On all levels of myself and my being!

I Step into Unlimited Abundance.
In every area and aspect of life!

I Step into Unlimited Abundance.
In all areas and aspects of life!

I Step into Unlimited Abundance.
Awakened, conscious, and in full awareness!

I Step into Unlimited Abundance.
With love, joy, respect, appreciation, and gratitude!

I Step into Unlimited Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Unlimited Abundance

Try to imagine or envision yourself in a state of Unlimited Abundance! Can you do it? What would that be like? How would you feel?

Do it more meditatively:

Sit comfortably, with your spine straight, and take some slow, deep, and full breaths. Relax. Imagine yourself being filled with light – clear, pure, radiant, white light. It is the most positive energy, the light of life. Feel or see yourself being filled with this brightness of pure life energy. It is love, power, wisdom, and life!

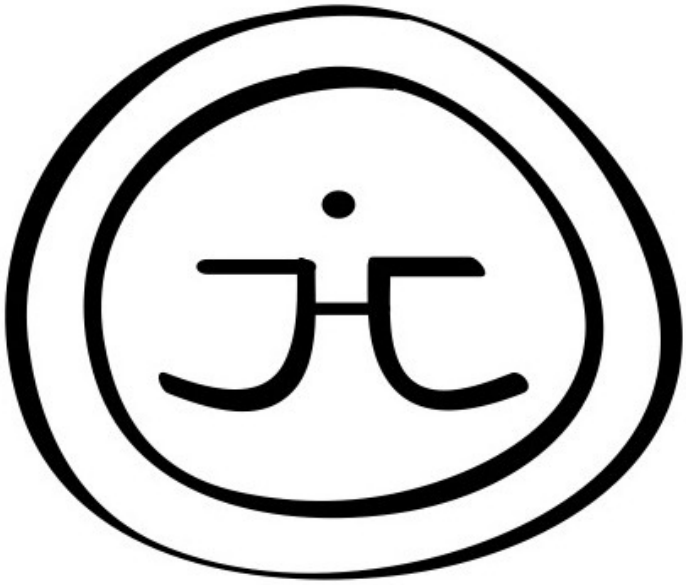
Think of the words "Unlimited Abundance." Imagine yourself in abundance, in perfect, total abundance. Feel or have the intention that your energy and consciousness are expanding, are being elevated, and uplifted to a higher level. Energetically and spiritually, you are expanding, you are rising…

You reach a higher state of perfect, absolute, total abundance. What is it like? How do you imagine this state? Can you focus? Do you notice any details? You, in perfect, absolute, total abundance! Your life, in perfect, absolute, total abundance! You may see details of your abundant life, or simply focus on feelings of satisfaction, fulfillment, joy, and bliss! Stay for a while in this most positive, elevated state.

Whenever you are ready, take some more deep and full breaths and return to your body, to the here and now, feeling fully re-energized and revitalized. You are completely clear and luminous! And you are more abundant and prosperous than ever!

DEEPER ABUNDANCE

ENERGY SYMBOL



Deeper Abundance

It awakens the deeper abundance within you and in all things.

ENERGY HEALING AFFIRMATION

I Access Deeper Abundance.

ENERGY HEALING INVOCATION

I Access Deeper Abundance.
I choose it, I will it, and I am directed towards it.

I Access Deeper Abundance.
It's so simple, easy, and natural for me!

I Access Deeper Abundance.
It is done immediately and from deep within!

I Access Deeper Abundance.
Wholly, completely, and perfectly!

I Access Deeper Abundance.
Every moment and in the here and now!

I Access Deeper Abundance.
Every single day; more and more each day!

I Access Deeper Abundance.
In the highest, greatest, and brightest way.

I Access Deeper Abundance.
On every level of myself and my being!

I Access Deeper Abundance.
On all levels of myself and my being!

I Access Deeper Abundance.
In every area and aspect of life!

I Access Deeper Abundance.
In all areas and aspects of life!

I Access Deeper Abundance.
Awakened, conscious, and in full awareness!

I Access Deeper Abundance.
With love, joy, respect, appreciation, and gratitude!

I Access Deeper Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

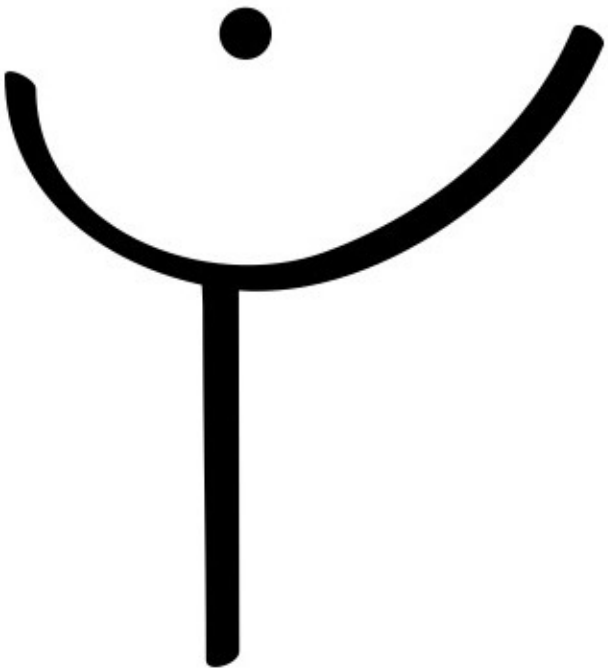
Shower of Abundance

Mentally shower yourself with the high and pure energy of abundance, of essential, spiritual abundance. Keep the intention that you are showering yourself with the bright energy of abundance spiritually, energetically, and on all levels. Focus on this intention for a few moments, and see it or feel it taking place. You can visualize this as a wonderful waterfall of bright light. Then, simply relax and stay in this bright, joyful feeling.

You can also do this practice while taking an actual shower. Imagine that the water showering you is the energy of abundance. Keep this thought and feel it becoming a reality! Water as abundance – abundance as nature's purest energy – enfolds you, washes you over, and completely revitalizes you!

ABUNDANCE OF TRUST

ENERGY SYMBOL



Abundance of Trust

It helps you strengthen your trust in yourself, the universe, and life.

ENERGY HEALING AFFIRMATION

I Trust the Higher, Universal, Cosmic Abundance.

ENERGY HEALING INVOCATION

I Trust the Higher, Universal, Cosmic Abundance.
I choose it, I will it, and I am directed towards it.

I Trust the Higher, Universal, Cosmic Abundance.
It's so simple, easy, and natural for me!

I Trust the Higher, Universal, Cosmic Abundance.
It is done immediately and from deep within!

I Trust the Higher, Universal, Cosmic Abundance.
Wholly, completely, and perfectly!

I Trust the Higher, Universal, Cosmic Abundance.
Every moment and in the here and now!

I Trust the Higher, Universal, Cosmic Abundance.
Every single day; more and more each day!

I Trust the Higher, Universal, Cosmic Abundance.
In the highest, greatest, and brightest way.

I Trust the Higher, Universal, Cosmic Abundance.
On every level of myself and my being!

I Trust the Higher, Universal, Cosmic Abundance.
On all levels of myself and my being!

I Trust the Higher, Universal, Cosmic Abundance.
In every area and aspect of life!

I Trust the Higher, Universal, Cosmic Abundance.
In all areas and aspects of life!

I Trust the Higher, Universal, Cosmic Abundance.

Awakened, conscious, and in full awareness!

I Trust the Higher, Universal, Cosmic Abundance.
With love, joy, respect, appreciation, and gratitude!

I Trust the Higher, Universal, Cosmic Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Showering Others in Abundance

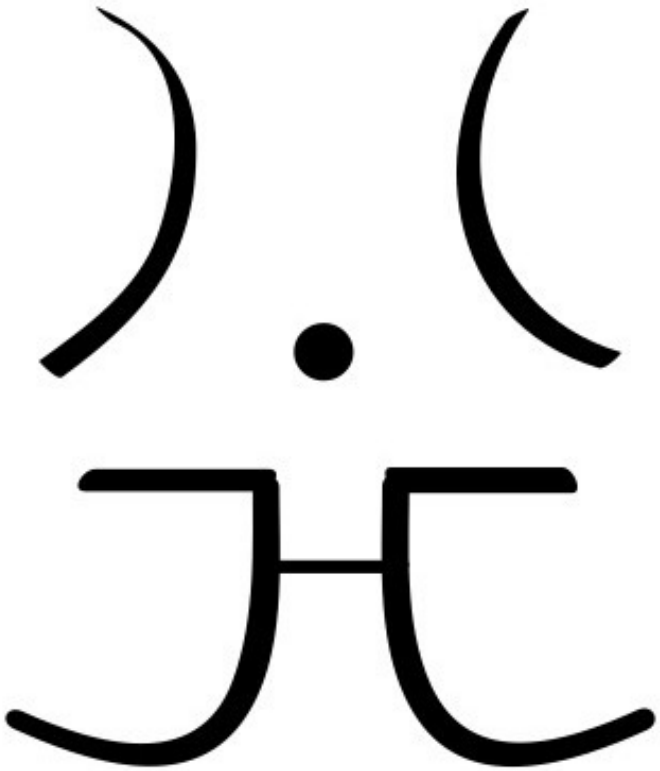
Bring a loved one into your mind. It can be your partner, a family member, a friend, or a person in need. Don't worry, this is not an infringement on the person's free will nor a manipulation of any kind. It is simply a pure and gentle act of unconditional love.

Feel great love and mentally shower this person with the high and pure energy of abundance, of essential, spiritual abundance. Keep the intention that you shower him/her with the bright energy of abundance spiritually, energetically, and on all levels.

Focus on this intention for a few moments, and see it or feel that it is taking place. You can visualize that the person is standing under a beautiful waterfall of bright light. Lovingly, ask the person to stay in this energy for as long as they like.

ABUNDANCE OF THE SOURCE

ENERGY SYMBOL



Abundance of the Source

It opens you up to the source of abundance.

ENERGY HEALING AFFIRMATION

I Attune to the Source of Abundance.

ENERGY HEALING INVOCATION

I Attune to the Source of Abundance.
I choose it, I will it, and I am directed towards it.

I Attune to the Source of Abundance.
It's so simple, easy, and natural for me!

I Attune to the Source of Abundance.
It is done immediately and from deep within!

I Attune to the Source of Abundance.
Wholly, completely, and perfectly!

I Attune to the Source of Abundance.
Every moment and in the here and now!

I Attune to the Source of Abundance.
Every single day; more and more each day!

I Attune to the Source of Abundance.
In the highest, greatest, and brightest way.

I Attune to the Source of Abundance.
On every level of myself and my being!

I Attune to the Source of Abundance.
On all levels of myself and my being!

I Attune to the Source of Abundance.
In every area and aspect of life!

I Attune to the Source of Abundance.
In all areas and aspects of life!

I Attune to the Source of Abundance.
Awakened, conscious, and in full awareness!

I Attune to the Source of Abundance.
With love, joy, respect, appreciation, and gratitude!

I Attune to the Source of Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

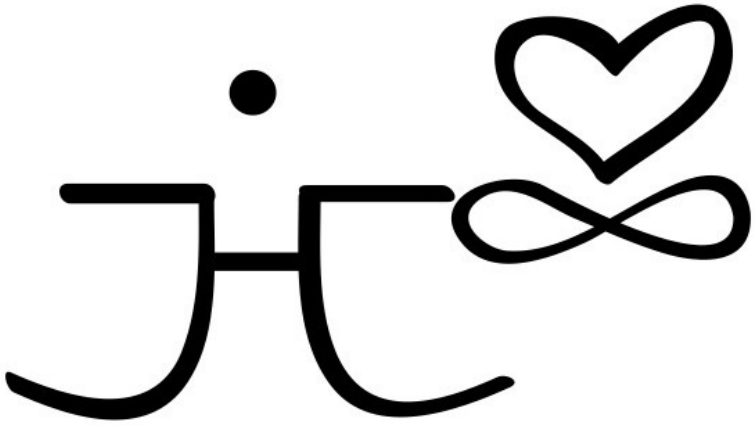
Sources of Income

Create a brand-new belief that money comes to you from everywhere: from every direction, from every situation, and from every person. From all known and unknown sources. Money comes to you easily and abundantly from everywhere! You receive abundance, income, and money from all directions! All is the source of your abundance and the source of your abundance is all!

Meditate on it, feel it, believe it, and see it happening!

ABUNDANCE OF LOVE

ENERGY SYMBOL



Abundance of Love

It blesses your abundance with love. It brings more love into your life.

ENERGY HEALING AFFIRMATION

I Love Abundance.

ENERGY HEALING INVOCATION

I Love Abundance.
I choose it, I will it, and I am directed towards it.

I Love Abundance.
It's so simple, easy, and natural for me!

I Love Abundance.
It is done immediately and from deep within!

I Love Abundance.
Wholly, completely, and perfectly!

I Love Abundance.
Every moment and in the here and now!

I Love Abundance.
Every single day; more and more each day!

I Love Abundance.
In the highest, greatest, and brightest way.

I Love Abundance.
On every level of myself and my being!

I Love Abundance.
On all levels of myself and my being!

I Love Abundance.
In every area and aspect of life!

I Love Abundance.
In all areas and aspects of life!

I Love Abundance.
Awakened, conscious, and in full awareness!

I Love Abundance.
With love, joy, respect, appreciation, and gratitude!

I Love Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

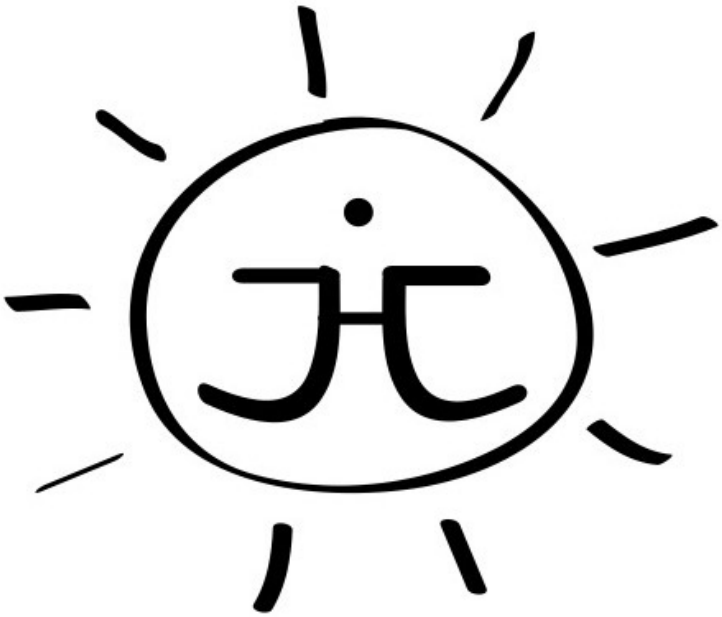
Give with Love

Cover your expenses and pay the bills on time. Feel secure and do it with confidence, with grace, even with joy. Do it as a ritual, with great respect, great gratitude, and, above all, great love! Don't feel forced to pay your bills but do it willingly, pleasantly, and lightly. That is, from a mental state of abundance, from an inner and spiritual place of abundance. Give money and pay everything with a sense of ease. Do it spiritually, and see it as a spiritual practice.

And practice it with love! Cover your expenses and pay the bills with love! With respect, appreciation, honor, and joy! Give, the same way as you wish to receive. The way you view and pay for your expenses will be the way you will receive your income from the world; it will be the way the universe and Life will be creating your prosperity! With ease, lovingly, and generously!

AURA OF ABUNDANCE

ENERGY SYMBOL



Aura of Abundance

It strengthens and charges your aura to radiate and attract abundance.

ENERGY HEALING AFFIRMATION

I Radiate an Aura of Abundance.

ENERGY HEALING INVOCATION

I Radiate an Aura of Abundance.
I choose it, I will it, and I am directed towards it.

I Radiate an Aura of Abundance.
It's so simple, easy, and natural for me!

I Radiate an Aura of Abundance.
It is done immediately and from deep within!

I Radiate an Aura of Abundance.
Wholly, completely, and perfectly!

I Radiate an Aura of Abundance.
Every moment and in the here and now!

I Radiate an Aura of Abundance.
Every single day; more and more each day!

I Radiate an Aura of Abundance.
In the highest, greatest, and brightest way.

I Radiate an Aura of Abundance.
On every level of myself and my being!

I Radiate an Aura of Abundance.
On all levels of myself and my being!

I Radiate an Aura of Abundance.
In every area and aspect of life!

I Radiate an Aura of Abundance.
In all areas and aspects of life!

I Radiate an Aura of Abundance.
Awakened, conscious, and in full awareness!

I Radiate an Aura of Abundance.
With love, joy, respect, appreciation, and gratitude!

I Radiate an Aura of Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Aura of Abundance

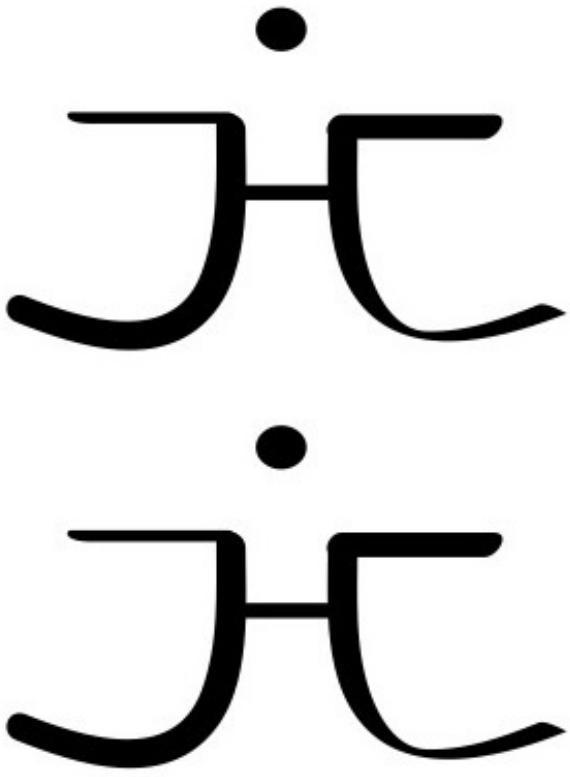
Radiate and express your brand-new aura! A bright aura of abundance and prosperity! An aura of wealth, success, fulfillment, and wellbeing! Do it from today! Imagine that your body emits and radiates a bright aura of abundance, wealth, success, prosperity, and wellbeing! A clean, luminous, radiant aura! A brilliant aura! The aura of a powerful, wise, loving, and enlightened being, the aura of a spiritually prosperous and abundant being! A most wondrous energy body, a most wondrous aura! You emit wealth on all levels! You are wealth! Your aura is an aura of abundance! True, total, perfect abundance.

Right now, close your eyes and create the above intention in your mind. Imagine it, feel it, see it, right now…! The bright aura of abundance, your brand-new aura! Isn't it exquisite…? Have this intention, see and feel it, and then relax into it.

Do it often and practice it daily. Notice how it boosts you, the people, and the conditions around you! Your aura, an aura of abundance!

NEW ABUNDANCE

ENERGY SYMBOL



New Abundance

It brings new abundance into your life.

ENERGY HEALING AFFIRMATION

I Welcome New Abundance.

ENERGY HEALING INVOCATION

I Welcome New Abundance.
I choose it, I will it, and I am directed towards it.

I Welcome New Abundance.
It's so simple, easy, and natural for me!

I Welcome New Abundance.
It is done immediately and from deep within!

I Welcome New Abundance.
Wholly, completely, and perfectly!

I Welcome New Abundance.
Every moment and in the here and now!

I Welcome New Abundance.
Every single day; more and more each day!

I Welcome New Abundance.
In the highest, greatest, and brightest way.

I Welcome New Abundance.
On every level of myself and my being!

I Welcome New Abundance.
On all levels of myself and my being!

I Welcome New Abundance.
In every area and aspect of life!

I Welcome New Abundance.
In all areas and aspects of life!

I Welcome New Abundance.
Awakened, conscious, and in full awareness!

I Welcome New Abundance.
With love, joy, respect, appreciation, and gratitude!

I Welcome New Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

The Ways of Abundance

Imagine a great master of abundance! An enlightened being expressing the highest abundance on all levels. Continuously blessing everyone with his/her abundance! What are the thoughts, feelings, and ways of this being? Its consciousness and energy? Take some moments to relax and go deeper into these thoughts.

Create the intention that every day you attune more and more to this state, a state of enlightened abundance. More and more, you acquire the consciousness, energy, thoughts, feelings, and ways of a great master of abundance! You are steadily, gradually, and increasingly becoming one! A great master of abundance, an enlightened being expressing the highest abundance on all levels! Take some deep breaths and relax for some moments into this intention.

ABUNDANCE CONSCIOUSNESS

ENERGY SYMBOL

Abundance Consciousness

It helps you maintain the consciousness of abundance.

ENERGY HEALING AFFIRMATION

I Maintain the Consciousness of Abundance.

ENERGY HEALING INVOCATION

I Maintain the Consciousness of Abundance.
I choose it, I will it, and I am directed towards it.

I Maintain the Consciousness of Abundance.
It's so simple, easy, and natural for me!

I Maintain the Consciousness of Abundance.
It is done immediately and from deep within!

I Maintain the Consciousness of Abundance.
Wholly, completely, and perfectly!

I Maintain the Consciousness of Abundance.
Every moment and in the here and now!

I Maintain the Consciousness of Abundance.
Every single day; more and more each day!

I Maintain the Consciousness of Abundance.
In the highest, greatest, and brightest way.

I Maintain the Consciousness of Abundance.
On every level of myself and my being!

I Maintain the Consciousness of Abundance.
On all levels of myself and my being!

I Maintain the Consciousness of Abundance.
In every area and aspect of life!

I Maintain the Consciousness of Abundance.
In all areas and aspects of life!

I Maintain the Consciousness of Abundance.
Awakened, conscious, and in full awareness!

I Maintain the Consciousness of Abundance.
With love, joy, respect, appreciation, and gratitude!

I Maintain the Consciousness of Abundance.
For the Highest Good of All!

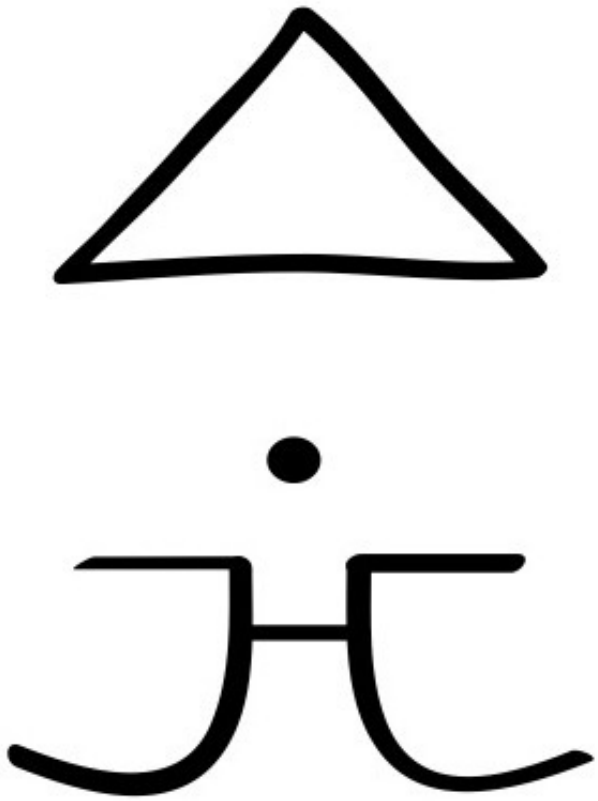
ENERGY HEALING PRACTICE

Recognize Abundance

Recognize and perceive abundance, wealth, and prosperity everywhere, in every situation and in every person. Be conscious and aware. Be open and attentive. Observe and notice. Recognize the inner and the outer abundance, the spiritual and the material, the heavenly and the earthly, the visible and the invisible. Stay conscious and aware. Stay open and attentive. Keep noticing and recognizing. Perceive, discover, unveil more and more. More abundance. Experience abundance in all; view abundance in everything. Abundance in all places, everywhere, and abundance at all times, always.

ABUNDANCE TRANSCENDENCE

ENERGY SYMBOL



Abundance Transcendence

It helps you transcend obstacles to abundance.

ENERGY HEALING AFFIRMATION

I Transcend All Obstacles Towards Abundance.

ENERGY HEALING INVOCATION

I Transcend All Obstacles towards Abundance.
I choose it, I will it, and I am directed towards it.

I Transcend All Obstacles towards Abundance.
It's so simple, easy, and natural for me!

I Transcend All Obstacles towards Abundance.
It is done immediately and from deep within!

I Transcend All Obstacles towards Abundance.
Wholly, completely, and perfectly!

I Transcend All Obstacles towards Abundance.
Every moment and in the here and now!

I Transcend All Obstacles towards Abundance.
Every single day; more and more each day!

I Transcend All Obstacles towards Abundance.
In the highest, greatest, and brightest way.

I Transcend All Obstacles towards Abundance.
On every level of myself and my being!

I Transcend All Obstacles towards Abundance.
On all levels of myself and my being!

I Transcend All Obstacles towards Abundance.
In every area and aspect of life!

I Transcend All Obstacles towards Abundance.
In all areas and aspects of life!

I Transcend All Obstacles towards Abundance.
Awakened, conscious, and in full awareness!

I Transcend All Obstacles towards Abundance.
With love, joy, respect, appreciation, and gratitude!

I Transcend All Obstacles towards Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Transmute All Obstacles

On a piece of paper write down the words: All Blockages and Obstacles to Abundance.

You can also write more specific things that keep you from experiencing the true abundance of the universe and of your inner self. Fears, beliefs, and other things and conditions that come to mind. Take your time.

Light a white candle and dedicate it to the Highest Spiritual Light and the Highest Spiritual Source.

Slowly pass the paper above the flame a few times, without touching the flame. Keep the intention that all obstacles and blockages are being burned and purified. They are transmuted and they are sent into the light.

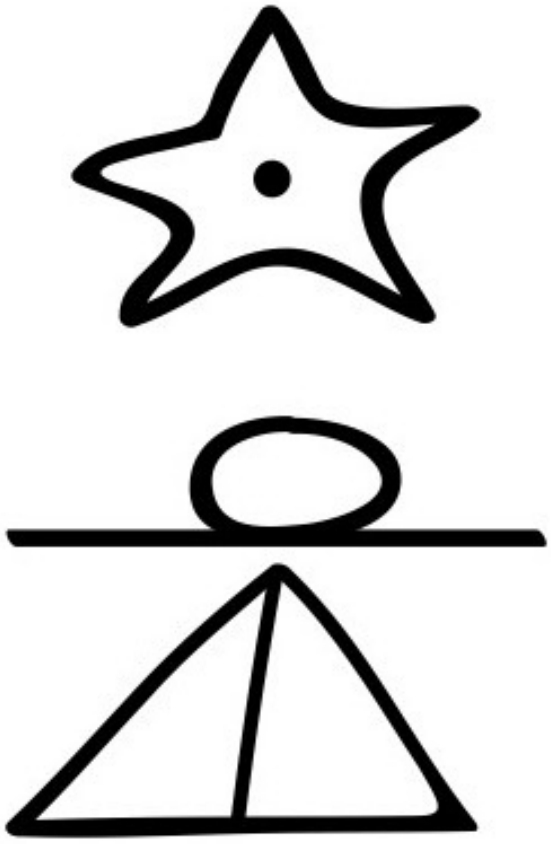
Make it slow and meditative. Be fully attentive and focused and keep a strong intention of releasing and cleansing all lower elements and energies.

At the end, burn the paper. Be very careful and make sure that you do this process away from anything flammable. It is best to do it in the sink so that you may leave the burning paper there.

Repeat the process if you feel guided to do so.

ABUNDANCE WORTH

ENERGY SYMBOL



Abundance Worth

It strengthens your self-worth and self-confidence.

ENERGY HEALING AFFIRMATION

I Deserve Abundance.

ENERGY HEALING INVOCATION

I Deserve Abundance.
I choose it, I will it, and I am directed towards it.

I Deserve Abundance.
It's so simple, easy, and natural for me!

I Deserve Abundance.
It is done immediately and from deep within!

I Deserve Abundance.
Wholly, completely, and perfectly!

I Deserve Abundance.
Every moment and in the here and now!

I Deserve Abundance.
Every single day; more and more each day!

I Deserve Abundance.
In the highest, greatest, and brightest way.

I Deserve Abundance.
On every level of myself and my being!

I Deserve Abundance.
On all levels of myself and my being!

I Deserve Abundance.
In every area and aspect of life!

I Deserve Abundance.
In all areas and aspects of life!

I Deserve Abundance.
Awakened, conscious, and in full awareness!

I Deserve Abundance.
With love, joy, respect, appreciation, and gratitude!

I Deserve Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

The End of Being Judgmental

Stop criticizing, rejecting, and condemning abundance and prosperity, wealth and success, and allow these positive states and beautiful qualities into your life! Stop criticizing, rejecting, and condemning from now on!

Think about it. Are you judgmental with respect to abundance? Success? Wealth?

People attach negative beliefs and notions to people who have great abundance, success, or wealth, and often they are right about it. Rich people are usually seen as overly materialistic, power-driven, egotistical, or unethical. The problem is that people, in perceiving them as such, also stigmatize the energy, the quality, and the state of abundance, success, and wealth, which are – in themselves – pure and positive.

It is time to reconsider and allow these energies inside and around you! Disconnect them from negative conditions and egotistical people. Disconnect them from what you heard about these people or from what you yourself have experienced about them. View them independently as they themselves are; view them as positive, good, and pure.

Own them so that you can use them for good, for the good of all. See them lovingly and wisely, in a spiritual light, so that you can use them in this

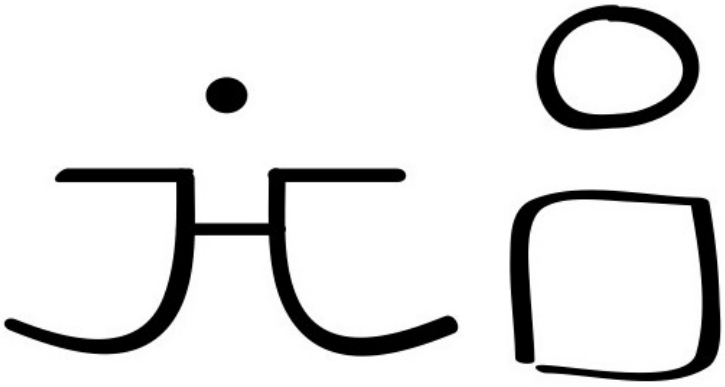
way. More and more people need to use abundance, wealth, and success in a spiritual light, lovingly and wisely for the good of all.

Start by being less negative and judgmental, by not criticizing and rejecting abundance, success, and wealth as energies and qualities. Fully recognize that they are all positive qualities and that they can be put to good use.

You are more than capable of doing it!

ABUNDANCE RIGHTS

ENERGY SYMBOL



Abundance Rights

It grounds and manifests your rights to abundance.

ENERGY HEALING AFFIRMATION

I Claim my Right to Abundance.

ENERGY HEALING INVOCATION

I Claim my Right to Abundance.
I choose it, I will it, and I am directed towards it.

I Claim my Right to Abundance.
It's so simple, easy, and natural for me!

I Claim my Right to Abundance.
It is done immediately and from deep within!

I Claim my Right to Abundance.
Wholly, completely, and perfectly!

I Claim my Right to Abundance.
Every moment and in the here and now!

I Claim my Right to Abundance.
Every single day; more and more each day!

I Claim my Right to Abundance.
In the highest, greatest, and brightest way.

I Claim my Right to Abundance.
On every level of myself and my being!

I Claim my Right to Abundance.
On all levels of myself and my being!

I Claim my Right to Abundance.
In every area and aspect of life!

I Claim my Right to Abundance.
In all areas and aspects of life!

I Claim my Right to Abundance.
Awakened, conscious, and in full awareness!

I Claim my Right to Abundance.
With love, joy, respect, appreciation, and gratitude!

I Claim my Right to Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

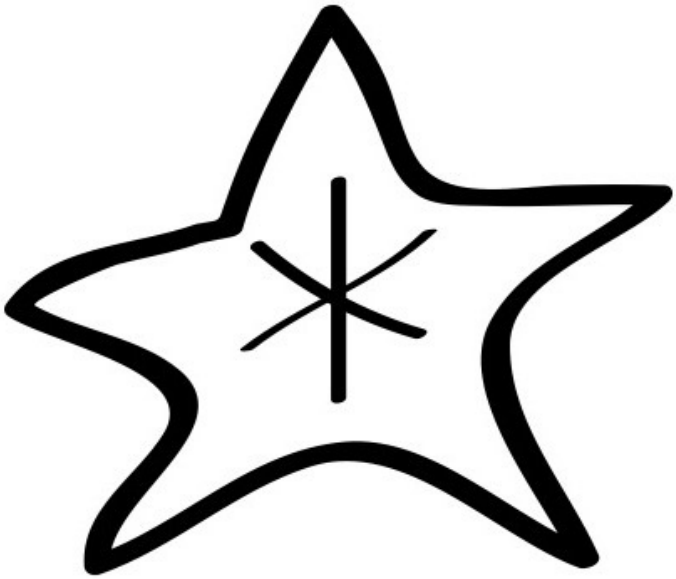
The Right to Abundance

Give others the right to abundance. Think about it and reflect on it. What do you feel about people with abundance? How do you feel when people get a raise, buy a house, or succeed in their work? Do you feel joy or jealousy?

Reconsider and offer yourself and others the right to abundance. Every person has the right to abundance. When you give others the right to abundance, you are giving it to yourself, and by feeling great joy for them, you allow more of it in your own life. Deeply enjoy and fully rejoice in the abundance of all!

ABUNDANCE APPRECIATION

ENERGY SYMBOL



Abundance Appreciation

It brings in the energy of appreciation.

ENERGY HEALING AFFIRMATION

I Appreciate Abundance.

ENERGY HEALING INVOCATION

I Appreciate Abundance.
I choose it, I will it, and I am directed towards it.

I Appreciate Abundance.
It's so simple, easy, and natural for me!

I Appreciate Abundance.
It is done immediately and from deep within!

I Appreciate Abundance.
Wholly, completely, and perfectly!

I Appreciate Abundance.
Every moment and in the here and now!

I Appreciate Abundance.
Every single day; more and more each day!

I Appreciate Abundance.
In the highest, greatest, and brightest way.

I Appreciate Abundance.
On every level of myself and my being!

I Appreciate Abundance.
On all levels of myself and my being!

I Appreciate Abundance.
In every area and aspect of life!

I Appreciate Abundance.
In all areas and aspects of life!

I Appreciate Abundance.
Awakened, conscious, and in full awareness!

I Appreciate Abundance.
With love, joy, respect, appreciation, and gratitude!

I Appreciate Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Admire the Abundance

Today, admire the abundance and do not judge. Just admire! With awe, with joy, with love, with respect, with humility, and with gratitude. Admire, just admire!

Can you find things and conditions that reflect abundance to appreciate and admire?

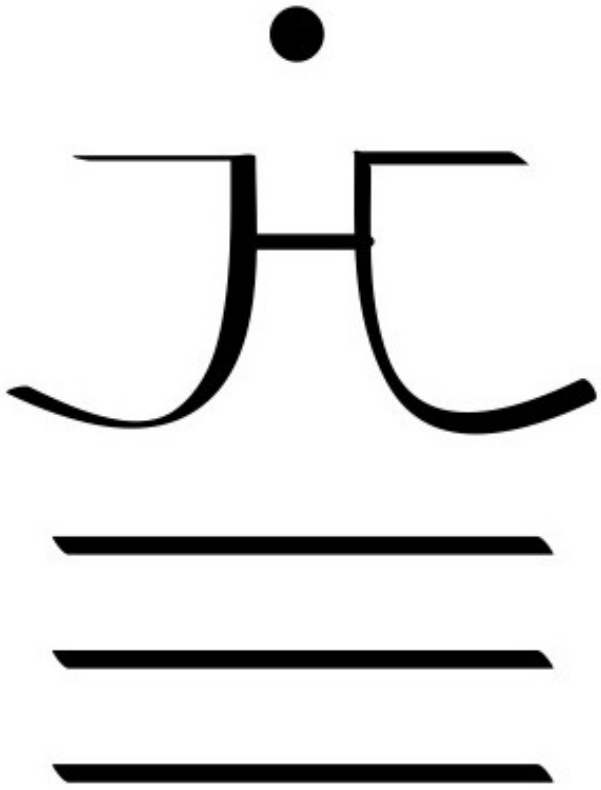
Start by admiring nature, the human body, the mind, health, and love.

Admire nature; nature is abundance.
Admire the human body; the body is abundance.
Admire the mind; the mind is abundance.
Admire health; health is abundance.
Admire love; love is abundance.

Abundance is so many things and so many things are abundance! So many things to appreciate and admire!

MULTIDIMENSIONAL ABUNDANCE

ENERGY SYMBOL



Multidimensional Abundance

It invokes multidimensional abundance.

ENERGY HEALING AFFIRMATION

I Invoke Multidimensional Abundance.

ENERGY HEALING INVOCATION

I Invoke Multidimensional Abundance.
I choose it, I will it, and I am directed towards it.

I Invoke Multidimensional Abundance.
It's so simple, easy, and natural for me!

I Invoke Multidimensional Abundance.
It is done immediately and from deep within!

I Invoke Multidimensional Abundance.
Wholly, completely, and perfectly!

I Invoke Multidimensional Abundance.
Every moment and in the here and now!

I Invoke Multidimensional Abundance.
Every single day; more and more each day!

I Invoke Multidimensional Abundance.
In the highest, greatest, and brightest way.

I Invoke Multidimensional Abundance.
On every level of myself and my being!

I Invoke Multidimensional Abundance.
On all levels of myself and my being!

I Invoke Multidimensional Abundance.
In every area and aspect of life!

I Invoke Multidimensional Abundance.

In all areas and aspects of life!

I Invoke Multidimensional Abundance.
Awakened, conscious, and in full awareness!

I Invoke Multidimensional Abundance.
With love, joy, respect, appreciation, and gratitude!

I Invoke Multidimensional Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Sending Abundance

With your intention, send the energy of abundance to every person you come across on the street! Just do it with your pure and good intention: offer abundance to every person coming your way!

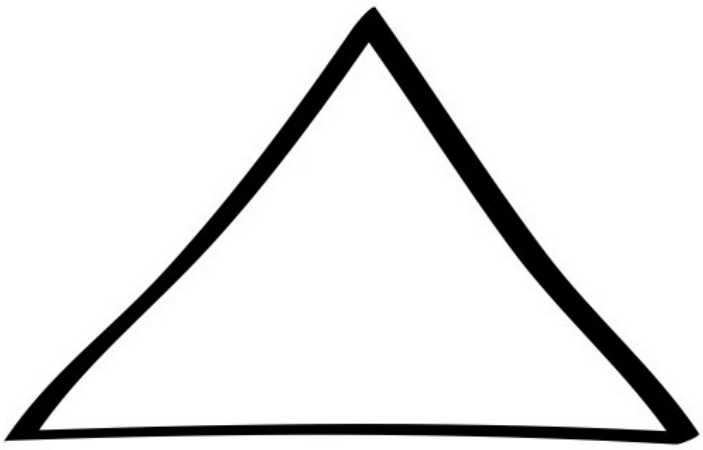
As you meet people or see them on your way, you can visualize abundance, prosperity, and wellbeing as a bright white or golden energy/light around them. Think that this light is abundance, prosperity, and wellbeing.

In case it is not easy for you to visualize, you may mentally affirm the following: “With the greatest love and respect, I send you abundance, prosperity, and wellbeing! You are perfectly well, abundant, and prosperous!”

You may do a combination of the above or use your own guidance to send, affirm, and empower the abundance of others!

SPIRITUAL ABUNDANCE

ENERGY SYMBOL



Spiritual Abundance

It awakens your spirit to experience abundance.

ENERGY HEALING AFFIRMATION

I Tune in to Spiritual Abundance.

ENERGY HEALING INVOCATION

I Tune in to Spiritual Abundance.
I choose it, I will it, and I am directed towards it.

I Tune in to Spiritual Abundance.
It's so simple, easy, and natural for me!

I Tune in to Spiritual Abundance.
It is done immediately and from deep within!

I Tune in to Spiritual Abundance.
Wholly, completely, and perfectly!

I Tune in to Spiritual Abundance.
Every moment and in the here and now!

I Tune in to Spiritual Abundance.
Every single day; more and more each day!

I Tune in to Spiritual Abundance.
In the highest, greatest, and brightest way.

I Tune in to Spiritual Abundance.
On every level of myself and my being!

I Tune in to Spiritual Abundance.
On all levels of myself and my being!

I Tune in to Spiritual Abundance.
In every area and aspect of life!

I Tune in to Spiritual Abundance.
In all areas and aspects of life!

I Tune in to Spiritual Abundance.
Awakened, conscious, and in full awareness!

I Tune in to Spiritual Abundance.
With love, joy, respect, appreciation, and gratitude!

I Tune in to Spiritual Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Spiritual Abundance Attunement

Focus on the Energy Symbol of Spiritual Abundance: the triangle.

Close your eyes and visualize it on your forehead.

It is your third eye, the energy center of your mind.

Hold the symbol there as clearly and brightly as possible for a few moments.

Do it in a relaxed manner, without tension.

See it radiating energy and light.

Mentally or out loud, say, “Spiritual abundance” a few times.

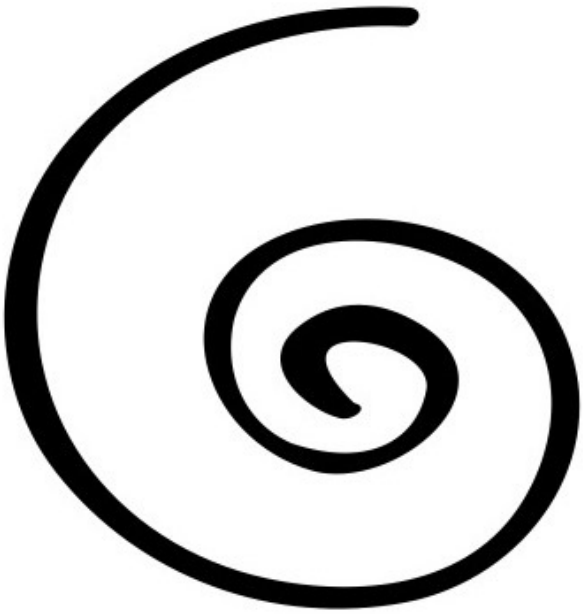
Feel expanded, elevated, bright, and luminous.

Feel great uplift and bliss!

You have attuned your self, your mind, to spiritual abundance, which is the source of all abundance and the only perfect, total, and absolute abundance!

PURE ABUNDANCE

ENERGY SYMBOL



Pure Abundance

It allows the flow of pure abundance.

ENERGY HEALING AFFIRMATION

I Allow Pure Abundance.

ENERGY HEALING INVOCATION

I Allow Pure Abundance.
I choose it, I will it, and I am directed towards it.

I Allow Pure Abundance.
It's so simple, easy, and natural for me!

I Allow Pure Abundance.
It is done immediately and from deep within!

I Allow Pure Abundance.
Wholly, completely, and perfectly!

I Allow Pure Abundance.
Every moment and in the here and now!

I Allow Pure Abundance.
Every single day; more and more each day!

I Allow Pure Abundance.
In the highest, greatest, and brightest way.

I Allow Pure Abundance.
On every level of myself and my being!

I Allow Pure Abundance.
On all levels of myself and my being!

I Allow Pure Abundance.
In every area and aspect of life!

I Allow Pure Abundance.
In all areas and aspects of life!

I Allow Pure Abundance.
Awakened, conscious, and in full awareness!

I Allow Pure Abundance.
With love, joy, respect, appreciation, and gratitude!

I Allow Pure Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Ego Purification

Focus on the Energy Symbol of Pure Abundance: the Spiral.

Close your eyes and visualize it in your solar plexus, in your stomach.

It is the energy center of your ego, the base of your personality.

Hold the symbol there as clearly and brightly as possible for a few moments.

Do it in a relaxed manner, without tension.

See it radiating energy and light.

Mentally or out loud, say, “Pure abundance” a few times.

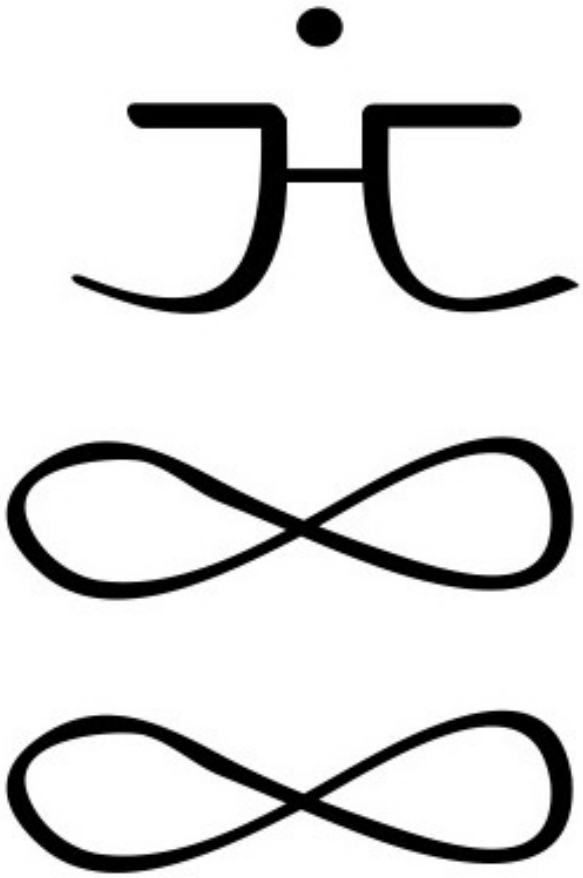
Feel centered, empowered, bright, and luminous.

Feel great clarity and balance!

You have downloaded and grounded the clean energy of pure abundance to the lower part of your self, your ego!

INCREASE OF ABUNDANCE

ENERGY SYMBOL



Increase of Abundance

It increases your state of abundance.

ENERGY HEALING AFFIRMATION

I Increase the Abundance.

ENERGY HEALING INVOCATION

I Increase the Abundance.
I choose it, I will it, and I am directed towards it.

I Increase the Abundance.
It's so simple, easy, and natural for me!

I Increase the Abundance.
It is done immediately and from deep within!

I Increase the Abundance.
Wholly, completely, and perfectly!

I Increase the Abundance.
Every moment and in the here and now!

I Increase the Abundance.
Every single day; more and more each day!

I Increase the Abundance.
In the highest, greatest, and brightest way.

I Increase the Abundance.
On every level of myself and my being!

I Increase the Abundance.
On all levels of myself and my being!

I Increase the Abundance.
In every area and aspect of life!

I Increase the Abundance.
In all areas and aspects of life!

I Increase the Abundance.
Awakened, conscious, and in full awareness!

I Increase the Abundance.
With love, joy, respect, appreciation, and gratitude!

I Increase the Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Practical Increase of Abundance

Take a few deep, slow breaths, and relax.

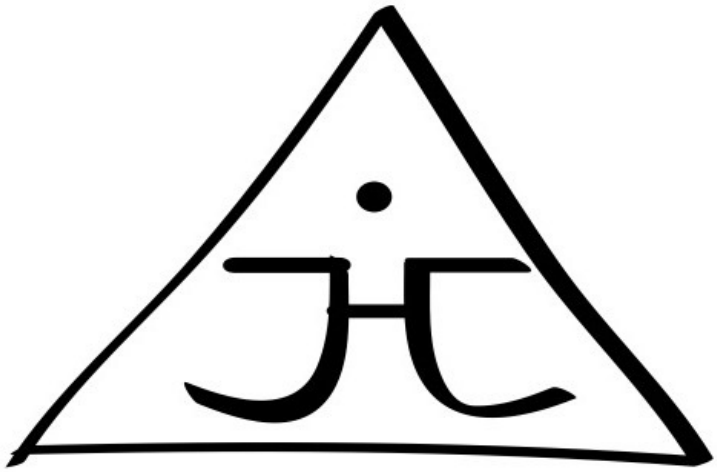
On a piece of paper write ten things you can do to increase the abundance within you, internally. Your inner state of abundance, your abundance energy, and your abundance consciousness. Concentrate. Think deeply about it. Take your time. How can you reach a higher abundance energy, a higher abundance consciousness?

Then, write down ten things you can do to increase the abundance around you, externally. The abundance in your work, family, and everyday life. Think of minor or major changes, small or greater steps you can take to increase the manifestation of prosperity in your life. How can you enhance your wellbeing and the wellbeing of those around you? How can you create more wealth for the good of all?

Don’t worry if you find it hard to write down specific things. The process of keeping these questions in your mind for a few moments as well as trying to discover the answers will give you insight and offer you direction over the coming days.

ESSENCE OF ABUNDANCE

ENERGY SYMBOL



Essence of Abundance

It helps you discover the essence of abundance.

ENERGY HEALING AFFIRMATION

I Unveil the Essence of Abundance.

ENERGY HEALING INVOCATION

I Unveil the Essence of Abundance.
I choose it, I will it, and I am directed towards it.

I Unveil the Essence of Abundance.
It's so simple, easy, and natural for me!

I Unveil the Essence of Abundance.
It is done immediately and from deep within!

I Unveil the Essence of Abundance.
Wholly, completely, and perfectly!

I Unveil the Essence of Abundance.
Every moment and in the here and now!

I Unveil the Essence of Abundance.
Every single day; more and more each day!

I Unveil the Essence of Abundance.
In the highest, greatest, and brightest way.

I Unveil the Essence of Abundance.
On every level of myself and my being!

I Unveil the Essence of Abundance.
On all levels of myself and my being!

I Unveil the Essence of Abundance.
In every area and aspect of life!

I Unveil the Essence of Abundance.
In all areas and aspects of life!

I Unveil the Essence of Abundance.
Awakened, conscious, and in full awareness!

I Unveil the Essence of Abundance.
With love, joy, respect, appreciation, and gratitude!

I Unveil the Essence of Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

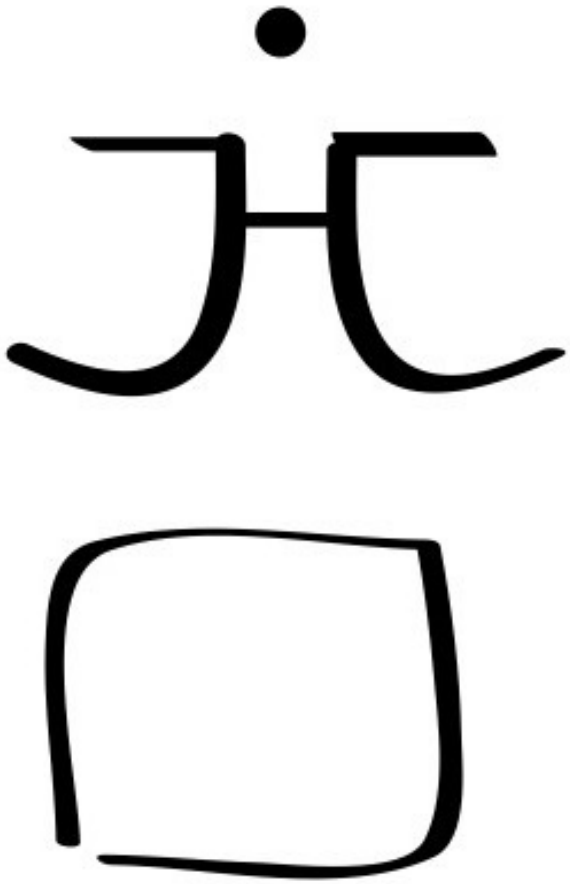
What Is the Essence of Abundance?

Dedicate a few moments to meditate on the essence, the inner meaning of abundance. Sit comfortably and close your eyes. Take some slow, deep, full breaths and relax completely. Bring the words “The essence of abundance” into your mind.

What is the inner meaning, the essence of abundance? Relax into this question and be open and receptive. Feel the essence of abundance filling you up, empowering and illuminating you. Feel great joy and gratitude. After a few minutes take some more deep breaths, gently move your body, and open your eyes.

WORLD ABUNDANCE

ENERGY SYMBOL



World Abundance

It creates more abundance in the world.

ENERGY HEALING AFFIRMATION

I Create Abundance in the World.

ENERGY HEALING INVOCATION

I Create Abundance in the World.
I choose it, I will it, and I am directed towards it.

I Create Abundance in the World.
It's so simple, easy, and natural for me!

I Create Abundance in the World.
It is done immediately and from deep within!

I Create Abundance in the World.
Wholly, completely, and perfectly!

I Create Abundance in the World.
Every moment and in the here and now!

I Create Abundance in the World.
Every single day; more and more each day!

I Create Abundance in the World.
In the highest, greatest, and brightest way.

I Create Abundance in the World.
On every level of myself and my being!

I Create Abundance in the World.
On all levels of myself and my being!

I Create Abundance in the World.
In every area and aspect of life!

I Create Abundance in the World.
In all areas and aspects of life!

I Create Abundance in the World.
Awakened, conscious, and in full awareness!

I Create Abundance in the World.
With love, joy, respect, appreciation, and gratitude!

I Create Abundance in the World.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Abundance on Earth

Dedicate a few moments to send the energy of abundance to our beloved home, the Earth!

Sit calmly and visualize the whole Earth, our beloved planet, in a bright golden sphere of light. Think that this sphere is unlimited and perfect abundance! All beings and forms of life of Mother Earth are inside this golden energy of pure abundance!

The Earth and all its wonderful beings are inside a bright sphere of golden light, inside the energy of unlimited and perfect abundance. Wish health, wellbeing, love, joy, harmony, serenity, peace, illumination, and enlightenment to all.

Visualize it as clearly as you can and keep this image for a few moments.

Or simply have the intention, and feel that this is taking place.

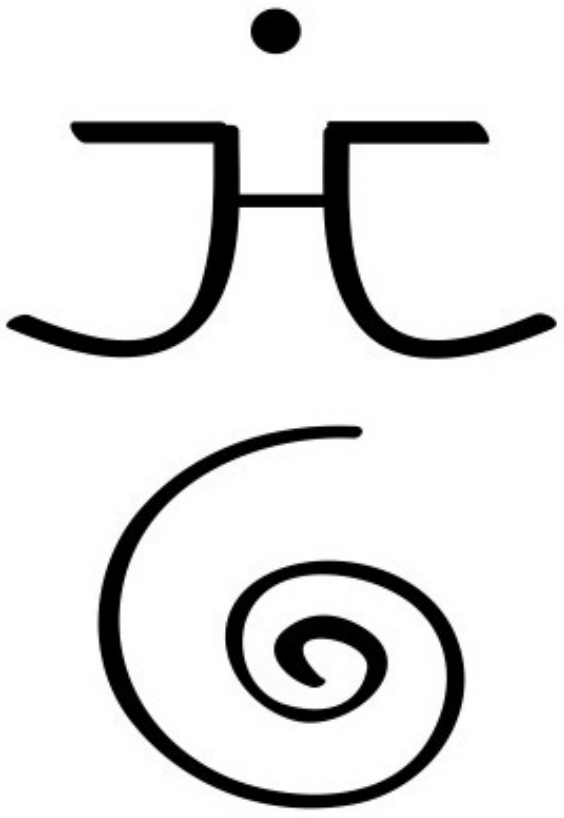
A bright sphere of golden light, of unlimited and perfect abundance inside the whole Earth, our most beloved planet, with all of its beings and forms of life! Health, wellbeing, love, joy, harmony, serenity, peace, illumination, and enlightenment for all.

Can you see it? Can you feel it?

Perfect!

ENERGY OF ABUNDANCE

ENERGY SYMBOL



Energy of Abundance

It brings in the energy of abundance.

ENERGY HEALING AFFIRMATION

I Attract the Energy of Abundance.

ENERGY HEALING INVOCATION

I Attract the Energy of Abundance.
I choose it, I will it, and I am directed towards it.

I Attract the Energy of Abundance.
It's so simple, easy, and natural for me!

I Attract the Energy of Abundance.
It is done immediately and from deep within!

I Attract the Energy of Abundance.
Wholly, completely, and perfectly!

I Attract the Energy of Abundance.
Every moment and in the here and now!

I Attract the Energy of Abundance.
Every single day; more and more each day!

I Attract the Energy of Abundance.
In the highest, greatest, and brightest way.

I Attract the Energy of Abundance.
On every level of myself and my being!

I Attract the Energy of Abundance.
On all levels of myself and my being!

I Attract the Energy of Abundance.
In every area and aspect of life!

I Attract the Energy of Abundance.
In all areas and aspects of life!

I Attract the Energy of Abundance.
Awakened, conscious, and in full awareness!

I Attract the Energy of Abundance.
With love, joy, respect, appreciation, and gratitude!

I Attract the Energy of Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

A Sphere of Abundance

Surround yourself with abundance.

Visualize yourself in a large, bright, golden sphere of total and perfect abundance!

Visualize it as clearly and steadily as you can.

Or simply have that intention and feel it.

A large bright golden sphere all around you. “See” yourself inside a large bright golden sphere.

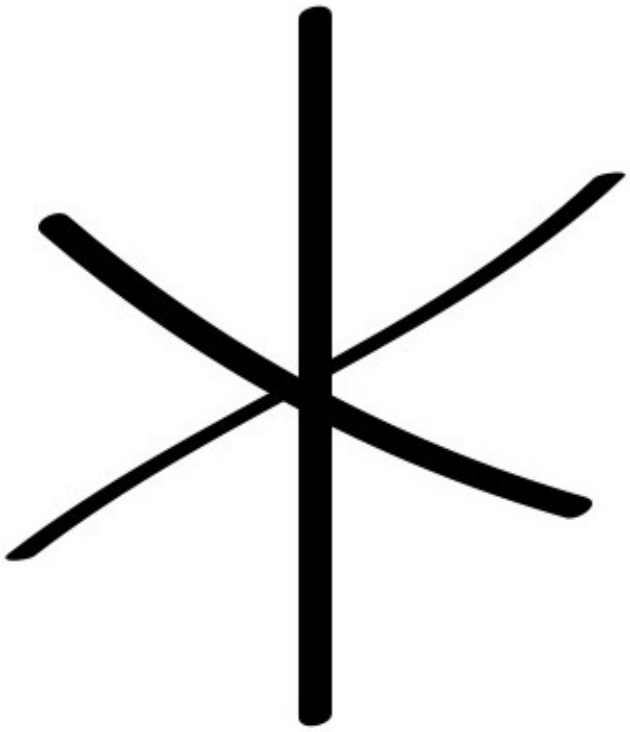
Total and perfect abundance all around you! You are inside total and perfect abundance!

Can you see how splendid it is? Can you feel how exquisite this is?

Keep this perfect sphere around you all day long.

BLESSINGS OF ABUNDANCE

ENERGY SYMBOL



Blessings of Abundance

It offers the blessings of abundance.

ENERGY HEALING AFFIRMATION

I Receive the Blessings of Abundance.

ENERGY HEALING INVOCATION

I Receive the Blessings of Abundance.
I choose it, I will it, and I am directed towards it.

I Receive the Blessings of Abundance.
It's so simple, easy, and natural for me!

I Receive the Blessings of Abundance.
It is done immediately and from deep within!

I Receive the Blessings of Abundance.
Wholly, completely, and perfectly!

I Receive the Blessings of Abundance.
Every moment and in the here and now!

I Receive the Blessings of Abundance.
Every single day; more and more each day!

I Receive the Blessings of Abundance.
In the highest, greatest, and brightest way.

I Receive the Blessings of Abundance.
On every level of myself and my being!

I Receive the Blessings of Abundance.
On all levels of myself and my being!

I Receive the Blessings of Abundance.
In every area and aspect of life!

I Receive the Blessings of Abundance.
In all areas and aspects of life!

I Receive the Blessings of Abundance.
Awakened, conscious, and in full awareness!

I Receive the Blessings of Abundance.
With love, joy, respect, appreciation, and gratitude!

I Receive the Blessings of Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Money Blessing

Bless the money that passes through your hands. Positively energize and activate it! All the money you receive and all the money you give. Infuse it with light, love, and positivity. Do it simply, with your intention, just by thinking of it and wishing it. Money becomes a practical and wonderful means of blessing and sharing positive energy and higher frequencies with everyone! All the money that passes through your hands, all the money you receive, and all the money you give is blessed and energized; it offers pure goodness, and it is pure goodness!

ABUNDANCE OF COMPASSION

ENERGY SYMBOL

Abundance of Compassion

It helps you express your compassion.

ENERGY HEALING AFFIRMATION

I Offer Abundance and Compassion.

ENERGY HEALING INVOCATION

I Offer Abundance and Compassion.
I choose it, I will it, and I am directed towards it.

I Offer Abundance and Compassion.
It's so simple, easy, and natural for me!

I Offer Abundance and Compassion.
It is done immediately and from deep within!

I Offer Abundance and Compassion.
Wholly, completely, and perfectly!

I Offer Abundance and Compassion.
Every moment and in the here and now!

I Offer Abundance and Compassion.
Every single day; more and more each day!

I Offer Abundance and Compassion.
In the highest, greatest, and brightest way.

I Offer Abundance and Compassion.
On every level of myself and my being!

I Offer Abundance and Compassion.
On all levels of myself and my being!

I Offer Abundance and Compassion.
In every area and aspect of life!

I Offer Abundance and Compassion.
In all areas and aspects of life!

I Offer Abundance and Compassion.
Awakened, conscious, and in full awareness!

I Offer Abundance and Compassion.
With love, joy, respect, appreciation, and gratitude!

I Offer Abundance and Compassion.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Care and Offer

Offer your help and support to those who need it. Care for the deprived, the underprivileged, the poor, the sick, the lonely, the elderly, the children.

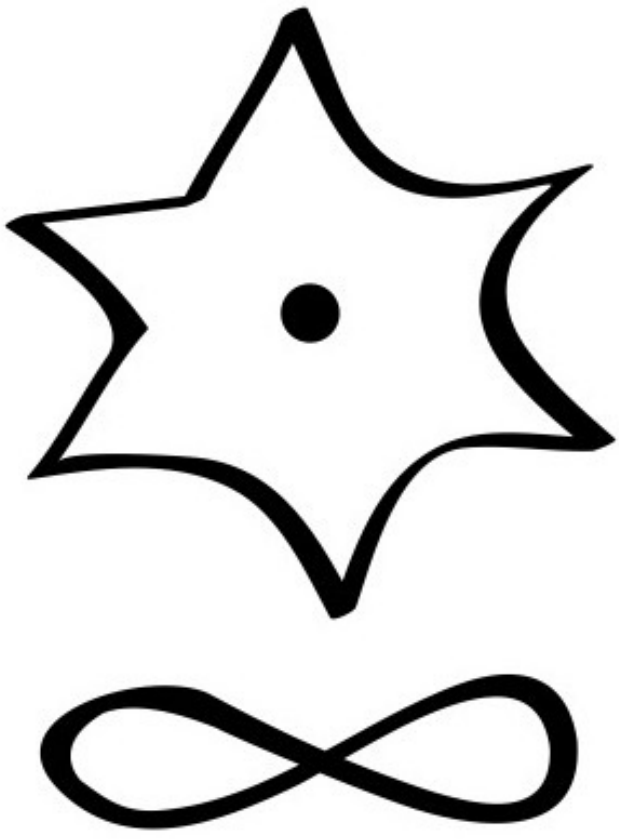
Do it sincerely and humbly, from a state of pure and selfless love from deep within your heart. From a luminous and enlightened level; from a place of existential unity and universal oneness.

All are within the one and all are within the Divine. All are one and all are divine.

Generously, give kindness, love, support, and care, and the universe, the one, will make sure that the same will be given to you.

CREATIVE ABUNDANCE

ENERGY SYMBOL



Creative Abundance

It boosts your creativity.

ENERGY HEALING AFFIRMATION

I Enjoy the Abundance of Creativity.

ENERGY HEALING INVOCATION

I Enjoy the Abundance of Creativity.
I choose it, I will it, and I am directed towards it.

I Enjoy the Abundance of Creativity.
It's so simple, easy, and natural for me!

I Enjoy the Abundance of Creativity.
It is done immediately and from deep within!

I Enjoy the Abundance of Creativity.
Wholly, completely, and perfectly!

I Enjoy the Abundance of Creativity.
Every moment and in the here and now!

I Enjoy the Abundance of Creativity.
Every single day; more and more each day!

I Enjoy the Abundance of Creativity.
In the highest, greatest, and brightest way.

I Enjoy the Abundance of Creativity.
On every level of myself and my being!

I Enjoy the Abundance of Creativity.
On all levels of myself and my being!

I Enjoy the Abundance of Creativity.
In every area and aspect of life!

I Enjoy the Abundance of Creativity.
In all areas and aspects of life!

I Enjoy the Abundance of Creativity.
Awakened, conscious, and in full awareness!

I Enjoy the Abundance of Creativity.
With love, joy, respect, appreciation, and gratitude!

I Enjoy the Abundance of Creativity.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Be Conscious of Abundance

Awaken! Be conscious! Be aware! Be attentive! Be decisive! Be self-assertive! Be life-affirming, and abundance-, prosperity-, and wellbeing-affirming!

Consciously decide to experience abundance, prosperity, and wellbeing.

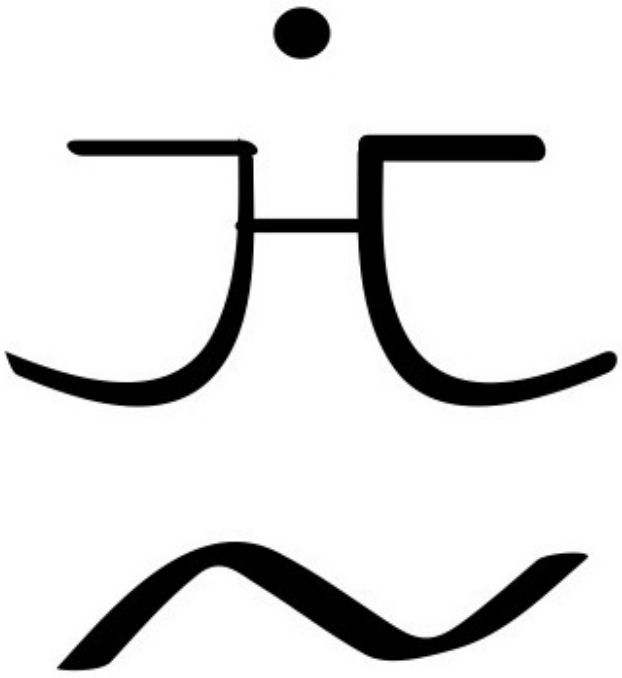
Consciously claim abundance and prosperity from yourself, from the world and the universe, from life and the Supreme Source.

Be creative, unleash your creative powers, and consciously create abundance of all kinds and forms, on all levels and in all areas and aspects of life.

Be creative, be affirming, and, above all, be conscious. Conscious about abundance, conscious in abundance. Awakened and aware, fully and completely.

ABUNDANCE OF FREEDOM

ENERGY SYMBOL



Abundance of Freedom

It frees you from fear in order to experience joy and abundance.

ENERGY HEALING AFFIRMATION

I Free Myself into Abundance.

ENERGY HEALING INVOCATION

I Free Myself into Abundance.
I choose it, I will it, and I am directed towards it.

I Free Myself into Abundance.
It's so simple, easy, and natural for me!

I Free Myself into Abundance.
It is done immediately and from deep within!

I Free Myself into Abundance.
Wholly, completely, and perfectly!

I Free Myself into Abundance.
Every moment and in the here and now!

I Free Myself into Abundance.
Every single day; more and more each day!

I Free Myself into Abundance.
In the highest, greatest, and brightest way.

I Free Myself into Abundance.
On every level of myself and my being!

I Free Myself into Abundance.
On all levels of myself and my being!

I Free Myself into Abundance.
In every area and aspect of life!

I Free Myself into Abundance.
In all areas and aspects of life!

I Free Myself into Abundance.
Awakened, conscious, and in full awareness!

I Free Myself into Abundance.
With love, joy, respect, appreciation, and gratitude!

I Free Myself into Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Release the Fear

Fear is the hardest wall, the greatest obstacle, the trickiest saboteur. It stops and limits you from experiencing more light, more life, more abundance, wellbeing, and prosperity. Fear limits your joy; fear limits you. It dims your light and shrinks your power.

Release the fear of lack and poverty as well as the fear of abundance and wealth. Release the fear of money. Free yourself and live freely. Release and live in freedom.

Visualize the energy of fear leaving your body as a dark cloud being lifted off you.

Affirm: “I release the energy of fear from my body and mind as well as from my life.” Feel it, once more, as dark smoke being sucked out of your body and see it vanishing in the clear blue sky.

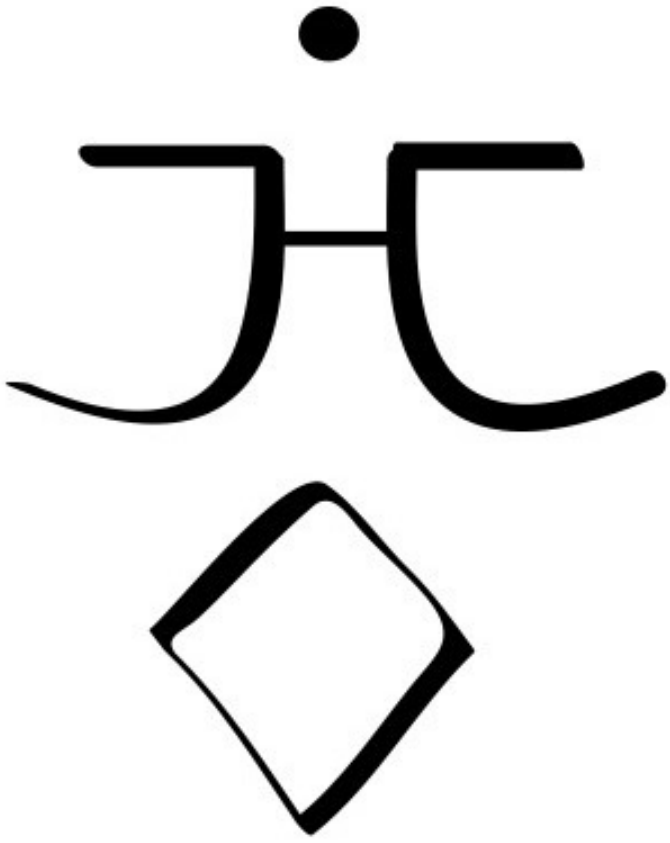
Feel and believe that fear is no longer a part of you, nor of your life. Fear no longer holds you and you no longer give it access and permission, leaving no space and time for it to take hold of you. Excessive, irrational, useless fear exists no more; it is merely an element of the past.

Feel joy as you fill the empty space that fear has left behind! True joy, pure joy, the joy of the light, the joy of life. An abundance of light, an abundance

of life! An abundance of joy fills you, the joy of abundance!

ABUNDANCE IN WORK

ENERGY SYMBOL



Abundance in Work

It charges your work with the energy of abundance.

ENERGY HEALING AFFIRMATION

I Bless my Work with Abundance.

ENERGY HEALING INVOCATION

I Bless my Work with Abundance.
I choose it, I will it, and I am directed towards it.

I Bless my Work with Abundance.
It's so simple, easy, and natural for me!

I Bless my Work with Abundance.
It is done immediately and from deep within!

I Bless my Work with Abundance.
Wholly, completely, and perfectly!

I Bless my Work with Abundance.
Every moment and in the here and now!

I Bless my Work with Abundance.
Every single day; more and more each day!

I Bless my Work with Abundance.
In the highest, greatest, and brightest way.

I Bless my Work with Abundance.
On every level of myself and my being!

I Bless my Work with Abundance.
On all levels of myself and my being!

I Bless my Work with Abundance.
In every area and aspect of life!

I Bless my Work with Abundance.
In all areas and aspects of life!

I Bless my Work with Abundance.
Awakened, conscious, and in full awareness!

I Bless my Work with Abundance.
With love, joy, respect, appreciation, and gratitude!

I Bless my Work with Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Work of Love

Whatever you do, make sure that you do it with love. Do your work with love. Infuse more love, this magical element, into your work. Love is the highest frequency; love brightens, uplifts, and heals everything.

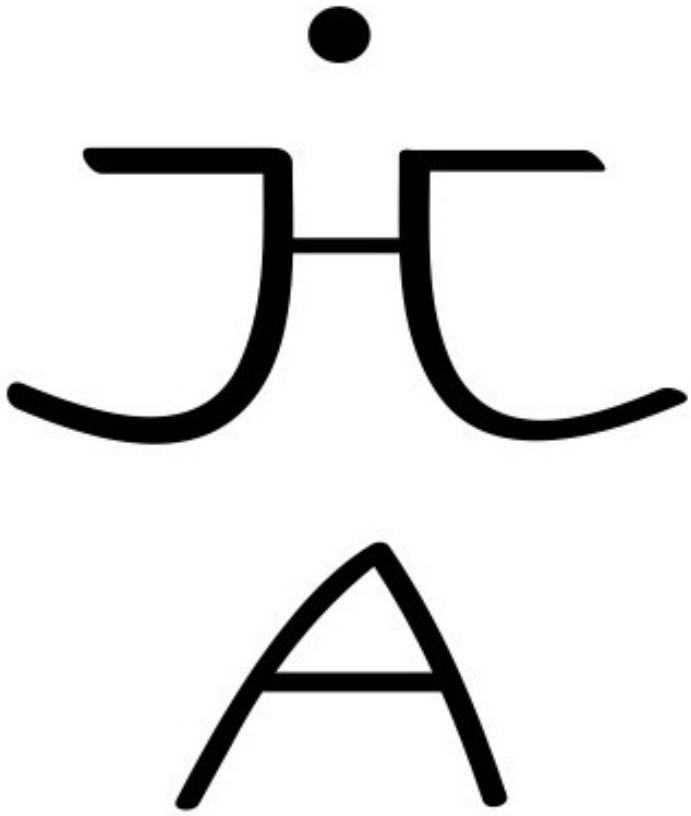
Also, infuse more respect, gratitude, kindness, and care into your work. Infuse honesty and truth. Bring everything good into it. Peace and joy, as much as it is possible, peace and joy in every chance.

Before starting your work, focus on your heart energy center (in the middle of the chest) and see there a golden flame of pure and perfect love, wisdom, and power.

As you work, find ways to feel love and joy more frequently and to incorporate higher frequencies as much as you can, in the best way possible. Your intention to do so will guide you to bring more love and light into whatever you do, as well as to bring your whole work into the pure and perfect energy of light and love.

ACTIVATION OF ABUNDANCE

ENERGY SYMBOL



Activation of Abundance

It activates your abundance.

ENERGY HEALING AFFIRMATION

I Activate my Abundance.

ENERGY HEALING INVOCATION

I Activate my Abundance.
I choose it, I will it, and I am directed towards it.

I Activate my Abundance.
It's so simple, easy, and natural for me!

I Activate my Abundance.
It is done immediately and from deep within!

I Activate my Abundance.
Wholly, completely, and perfectly!

I Activate my Abundance.
Every moment and in the here and now!

I Activate my Abundance.
Every single day; more and more each day!

I Activate my Abundance.
In the highest, greatest, and brightest way.

I Activate my Abundance.
On every level of myself and my being!

I Activate my Abundance.
On all levels of myself and my being!

I Activate my Abundance.
In every area and aspect of life!

I Activate my Abundance.
In all areas and aspects of life!

I Activate my Abundance.
Awakened, conscious, and in full awareness!

I Activate my Abundance.
With love, joy, respect, appreciation, and gratitude!

I Activate my Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

The 108 Abundances

On a piece of paper, using a red or a gold marker, write down the word “ABUNDANCE” in capital letters.

Write it 108 times.

This number spiritually symbolizes fulfillment, completion, and manifestation!

Write each word, each repetition, one under the other. In capital letters, the word “ABUNDANCE,” 108 repetitions in red or gold color.

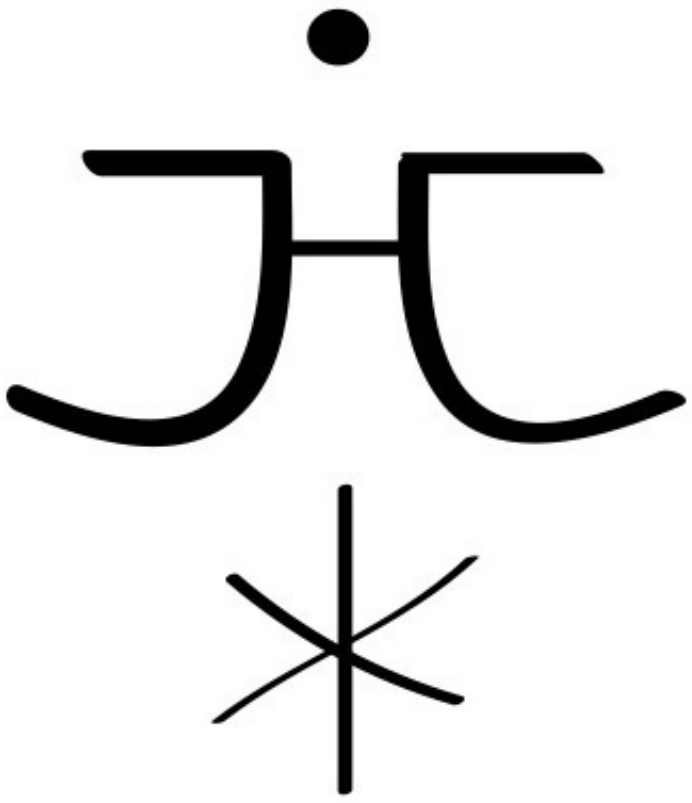
Take your time. Do it as a meditation, as an energy technique.

Feel excitement and upliftment as you write each word! Feel that as you write down each repetition of the word “Abundance”, you add more abundance into your energy and into your life; that you are moving closer and closer to its true meaning, essence, and Source.

Notice how you feel when you have completed this exercise and over the following hours.

POSITIVE ABUNDANCE

ENERGY SYMBOL



Positive Abundance

It directs your abundance in a positive way.

ENERGY HEALING AFFIRMATION

I Believe in Positive Abundance.

ENERGY HEALING INVOCATION

I Believe in Positive Abundance.
I choose it, I will it, and I am directed towards it.

I Believe in Positive Abundance.
It's so simple, easy, and natural for me!

I Believe in Positive Abundance.
It is done immediately and from deep within!

I Believe in Positive Abundance.
Wholly, completely, and perfectly!

I Believe in Positive Abundance.
Every moment and in the here and now!

I Believe in Positive Abundance.
Every single day; more and more each day!

I Believe in Positive Abundance.
In the highest, greatest, and brightest way.

I Believe in Positive Abundance.
On every level of myself and my being!

I Believe in Positive Abundance.
On all levels of myself and my being!

I Believe in Positive Abundance.
In every area and aspect of life!

I Believe in Positive Abundance.

In all areas and aspects of life!

I Believe in Positive Abundance.
Awakened, conscious, and in full awareness!

I Believe in Positive Abundance.
With love, joy, respect, appreciation, and gratitude!

I Believe in Positive Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Your Personal Affirmations

Write down your own abundance affirmations. Create your own simple, beautiful, and absolutely positive statements for abundance and repeat them every day, as often as you can.

Start by writing down three affirmations. Your own perfect affirmations for immediate abundance as well as for lasting abundance!

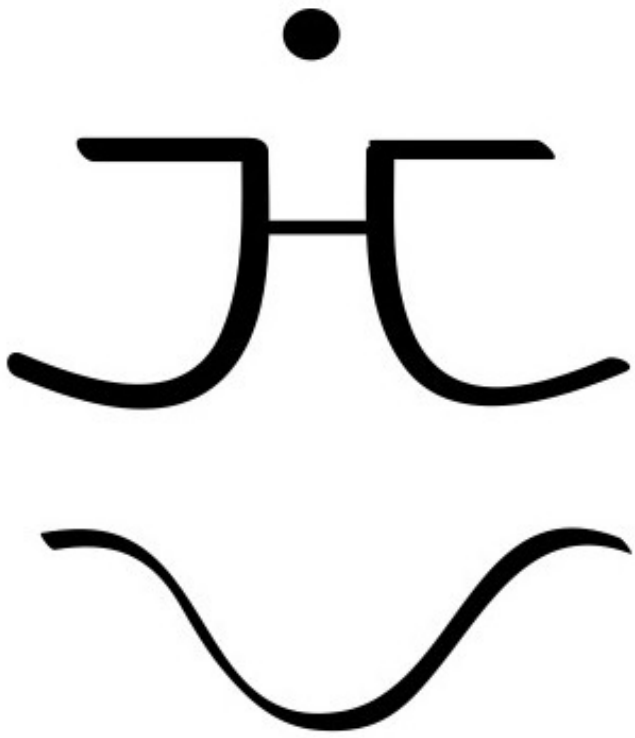
Begin this exercise by relaxing, and proceed in a relaxed and meditative manner. Take your time to complete it.

Do not use future references, like “I will” or “when,” but rather “I have” or “I can” or “I am.” That is, write the affirmations in the present tense as if they express a present state, an existing reality. Also, avoid words like “I can’t,” “I don’t,” and other negative words and phrases.

Feel free to experiment and write more positive statements and affirmations!

OPENING OF ABUNDANCE

ENERGY SYMBOL



Opening of Abundance

It opens you up to abundance.

ENERGY HEALING AFFIRMATION

I Open to Abundance.

ENERGY HEALING INVOCATION

I Open to Abundance.
I choose it, I will it, and I am directed towards it.

I Open to Abundance.
It's so simple, easy, and natural for me!

I Open to Abundance.
It is done immediately and from deep within!

I Open to Abundance.
Wholly, completely, and perfectly!

I Open to Abundance.
Every moment and in the here and now!

I Open to Abundance.
Every single day; more and more each day!

I Open to Abundance.
In the highest, greatest, and brightest way.

I Open to Abundance.
On every level of myself and my being!

I Open to Abundance.
On all levels of myself and my being!

I Open to Abundance.
In every area and aspect of life!

I Open to Abundance.
In all areas and aspects of life!

I Open to Abundance.
Awakened, conscious, and in full awareness!

I Open to Abundance.
With love, joy, respect, appreciation, and gratitude!

I Open to Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Open Like a Flower

Imagine yourself opening like a flower, in order to receive the sunlight, the energy of life, of wellbeing, prosperity, and abundance.

In a relaxed meditative way, state:

"I open myself to abundance. My self opens to abundance, my spirit opens to abundance, my mind opens to abundance, my energy field opens to abundance, even my physical body opens to abundance."

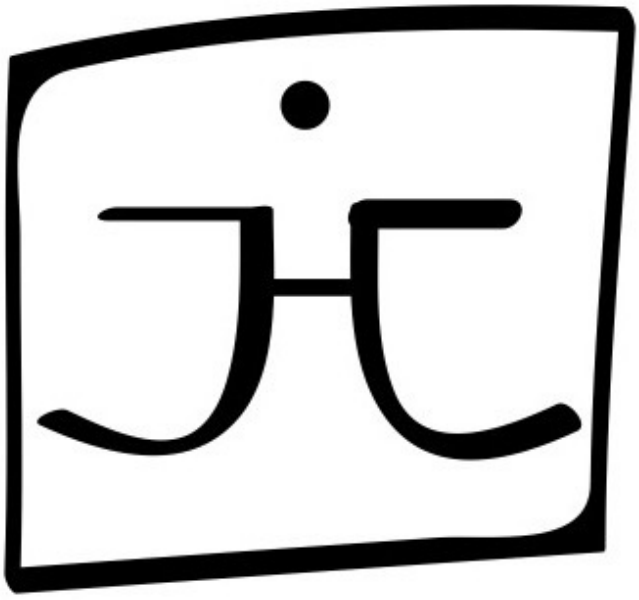
Feel yourself completely open and receptive. Begin to receive the sunlight, the spiritual light, and the energy of life, of wellbeing, prosperity, and abundance!

Dedicate a few relaxed moments to see and feel this happening.

When you feel ready, complete this exercise by taking some deep breaths and by stretching and moving your body.

MANIFESTATION OF ABUNDANCE

ENERGY SYMBOL



Manifestation of Abundance

It helps you manifest abundance.

ENERGY HEALING AFFIRMATION

I Manifest Abundance.

ENERGY HEALING INVOCATION

I Manifest Abundance.
I choose it, I will it, and I am directed towards it.

I Manifest Abundance.
It's so simple, easy, and natural for me!

I Manifest Abundance.
It is done immediately and from deep within!

I Manifest Abundance.
Wholly, completely, and perfectly!

I Manifest Abundance.
Every moment and in the here and now!

I Manifest Abundance.
Every single day; more and more each day!

I Manifest Abundance.
In the highest, greatest, and brightest way.

I Manifest Abundance.
On every level of myself and my being!

I Manifest Abundance.
On all levels of myself and my being!

I Manifest Abundance.
In every area and aspect of life!

I Manifest Abundance.

In all areas and aspects of life!

I Manifest Abundance.
Awakened, conscious, and in full awareness!

I Manifest Abundance.
With love, joy, respect, appreciation, and gratitude!

I Manifest Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

A Mirror of Abundance

Imagine yourself as a mirror, reflecting spiritual abundance, the higher and pure energy of total abundance. The abundance of life, light, and love, and of everything good.

Can you imagine yourself reflecting this pure and higher light? Can you see or feel yourself mirroring true, spiritual, total abundance?

Affirm and confirm that your spirit, your mind, and your body reflect the superior and pure energy of spiritual abundance. Dedicate a few moments to see and feel it becoming a reality.

You reflect abundance; you mirror abundance! You are a Mirror of Abundance! This is the reason it is so easy to receive and experience abundance as well as to offer and share abundance. And this is why your abundance is so high, so pure, so true.

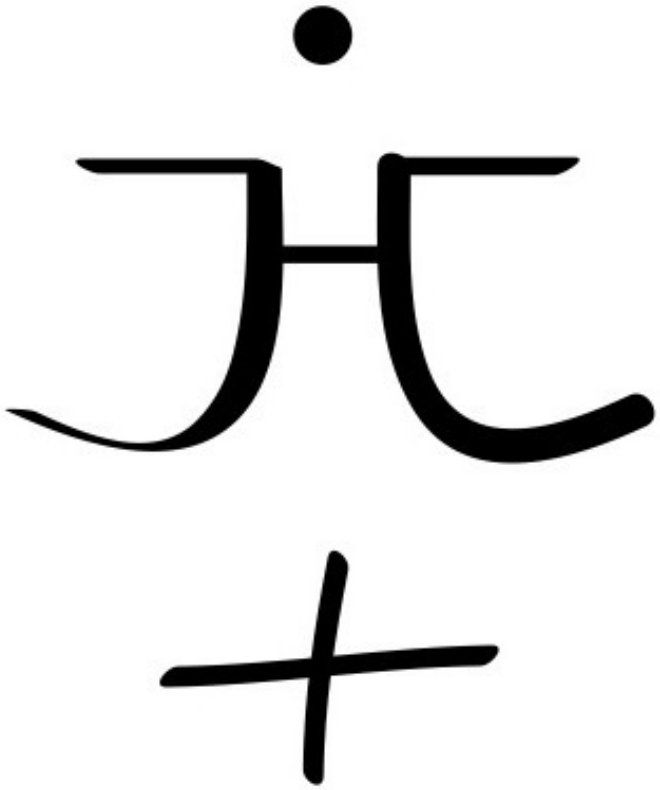
It is not yours; it all belongs to Light and Spirit, as your own self, your body, and your mind belong to Light and Spirit. You belong to the Highest Source; it all belongs to the Source of All. Nothing belongs to you and there is no reason to. You are simply a mirror. It is the wisest choice, the enlightened choice.

Be a mirror. A divine mirror. A mirror of wellbeing, abundance, and prosperity. A mirror which is receiving, experiencing, sharing, and offering

the Highest Abundance, the Abundance of Life, the Abundance of Spirit, the Abundance of the Source, the Abundance of All That Is.

GUIDANCE OF ABUNDANCE

ENERGY SYMBOL



Guidance of Abundance

It brings you guidance towards abundance.

ENERGY HEALING AFFIRMATION

I Guide Myself towards Abundance.

ENERGY HEALING INVOCATION

I Guide Myself towards Abundance.
I choose it, I will it, and I am directed towards it.

I Guide Myself towards Abundance.
It's so simple, easy, and natural for me!

I Guide Myself towards Abundance.
It is done immediately and from deep within!

I Guide Myself towards Abundance.
Wholly, completely, and perfectly!

I Guide Myself towards Abundance.
Every moment and in the here and now!

I Guide Myself towards Abundance.
Every single day; more and more each day!

I Guide Myself towards Abundance.
In the highest, greatest, and brightest way.

I Guide Myself towards Abundance.
On every level of myself and my being!

I Guide Myself towards Abundance.
On all levels of myself and my being!

I Guide Myself towards Abundance.
In every area and aspect of life!

I Guide Myself towards Abundance.
In all areas and aspects of life!

I Guide Myself towards Abundance.
Awakened, conscious, and in full awareness!

I Guide Myself towards Abundance.
With love, joy, respect, appreciation, and gratitude!

I Guide Myself towards Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Abundance Guides You

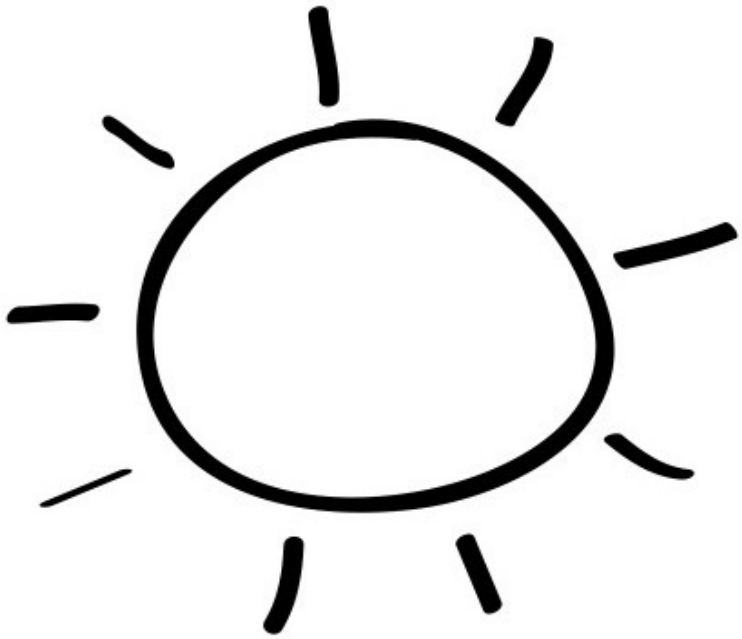
See abundance as your guide. It guides you to itself, to even higher states of prosperity and wellbeing. Spirit is abundance and abundance is spiritual. The Source is abundance and abundance is the love, wisdom, and manifestation of the Source.

Ask abundance to guide you to the work that is best for you. A fully satisfying work that brings more good into your life. A work that contributes to the good of all. A work of true, pure abundance, and wellbeing. Full of creativity, joy, and bliss!

Ask abundance to guide you in all matters of life. Whenever you feel blocked or stuck, ask for its support and guidance. Do it sincerely from deep within your heart. You will soon feel its inspiration and its most positive flow!

HEALING OF ABUNDANCE

ENERGY SYMBOL



Healing of Abundance

It heals your issues concerning abundance.

ENERGY HEALING AFFIRMATION

I Heal my Abundance.

ENERGY HEALING INVOCATION

I Heal my Abundance.
I choose it, I will it, and I am directed towards it.

I Heal my Abundance.
It's so simple, easy, and natural for me!

I Heal my Abundance.
It is done immediately and from deep within!

I Heal my Abundance.
Wholly, completely, and perfectly!

I Heal my Abundance.
Every moment and in the here and now!

I Heal my Abundance.
Every single day; more and more each day!

I Heal my Abundance.
In the highest, greatest, and brightest way.

I Heal my Abundance.
On every level of myself and my being!

I Heal my Abundance.
On all levels of myself and my being!

I Heal my Abundance.
In every area and aspect of life!

I Heal my Abundance.
In all areas and aspects of life!

I Heal my Abundance.
Awakened, conscious, and in full awareness!

I Heal my Abundance.
With love, joy, respect, appreciation, and gratitude!

I Heal my Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Fill Yourself with the Energy of Abundance

Place your palms gently on your chest (your heart chakra) and mentally affirm: "Opening of Abundance, Flow of Abundance, Energy of Abundance."

Repeat three or more times, slowly and calmly, and feel the energy of the words. Relax and stay in this position for several minutes. Feel the warm, luminous, and uplifting energy flow and the deep healing effect of this most important hand position.

Then, place your palms on your head, either on the top of your head or on your temples. Repeat the statement three or more times, relax and let the energy flow. Stay for a few minutes and meditate on the energy you experience.

Next, place your hands on your pelvic area. Repeat the statement three or more times. Relax and give energy for a few more minutes. Feel the warm positive flow of the pure light energy.

You can do more positions or other parts of your body, if you are guided to do so.

You have opened up to abundance, you have activated its flow and you have filled your body with its warm, luminous, and beneficial energy.

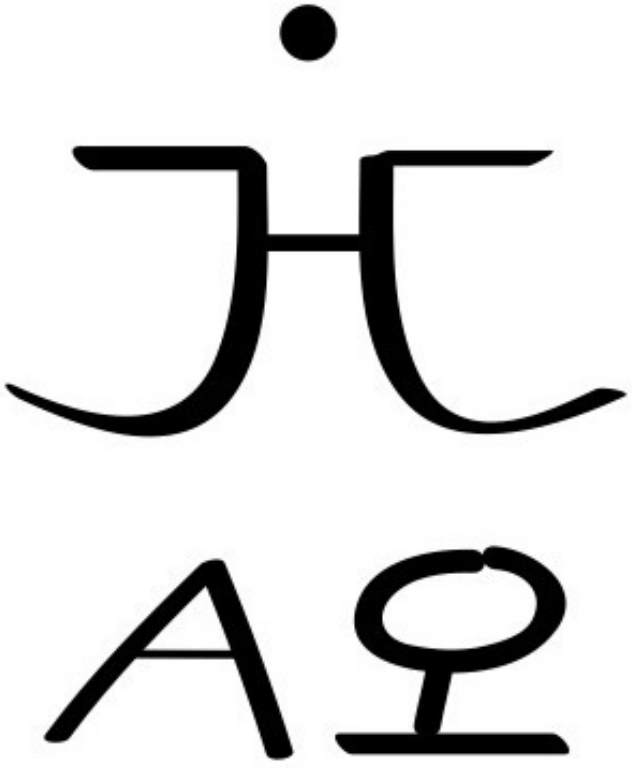
Affirm that you are open to abundance, that abundance flows in you, and that you are filled with the energy of abundance!

“I am open to abundance, abundance flows in me, and I am filled with the energy of abundance!”

Feel uplifted, cleansed, balanced, illuminated, rejuvenated, and empowered! Radiate pure joy and gratitude. Give thanks from deep within your soul and heart!

DOMINANCE OF ABUNDANCE

ENERGY SYMBOL



Dominance of Abundance

It allows abundance to be the dominant force in your life.

ENERGY HEALING AFFIRMATION

I Declare the Dominance of Abundance in my Life.

ENERGY HEALING INVOCATION

I Declare the Dominance of Abundance in my Life.
I choose it, I will it, and I am directed towards it.

I Declare the Dominance of Abundance in my Life.
It's so simple, easy, and natural for me!

I Declare the Dominance of Abundance in my Life.
It is done immediately and from deep within!

I Declare the Dominance of Abundance in my Life.
Wholly, completely, and perfectly!

I Declare the Dominance of Abundance in my Life.
Every moment and in the here and now!

I Declare the Dominance of Abundance in my Life.
Every single day; more and more each day!

I Declare the Dominion of Abundance in my Life.
In the highest, greatest, and brightest way.

I Declare the Dominance of Abundance in my Life.
On every level of myself and my being!

I Declare the Dominance of Abundance in my Life.
On all levels of myself and my being!

I Declare the Dominance of Abundance in my Life.
In every area and aspect of life!

I Declare the Dominance of Abundance in my Life.
In all areas and aspects of life!

I Declare the Dominance of Abundance in my Life.
Awakened, conscious, and in full awareness!

I Declare the Dominance of Abundance in my Life.
With love, joy, respect, appreciation, and gratitude!

I Declare the Dominance of Abundance in my Life.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Dedicate Yourself to the Highest Good

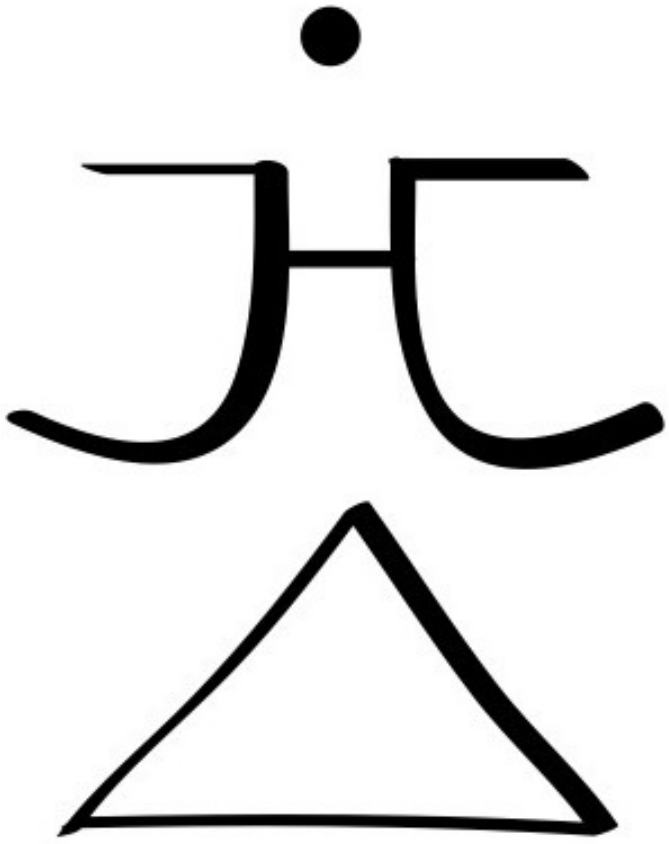
Wish yourself the Highest Good, desire the Highest Good, commit and dedicate yourself to the Highest Good. Do it from your heart, as an intense, deeply felt prayer. The Highest Good is the highest abundance, wellbeing, and prosperity, the greatest satisfaction, fulfillment, and bliss.

You can use your own heartfelt words or state:

“I completely and totally dedicate myself to the Highest Good. I dedicate my thoughts, emotions, decisions, and actions, my whole being, and my whole life to the Highest Good!”

HIGHER ABUNDANCE

ENERGY SYMBOL



Higher Abundance

It raises your abundance frequency.

ENERGY HEALING AFFIRMATION

I Vibrate in Higher Abundance.

ENERGY HEALING INVOCATION

I Vibrate in Higher Abundance.
I choose it, I will it, and I am directed towards it.

I Vibrate in Higher Abundance.
It's so simple, easy, and natural for me!

I Vibrate in Higher Abundance.
It is done immediately and from deep within!

I Vibrate in Higher Abundance.
Wholly, completely, and perfectly!

I Vibrate in Higher Abundance.
Every moment and in the here and now!

I Vibrate in Higher Abundance.
Every single day; more and more each day!

I Vibrate in Higher Abundance.
In the highest, greatest, and brightest way.

I Vibrate in Higher Abundance.
On every level of myself and my being!

I Vibrate in Higher Abundance.
On all levels of myself and my being!

I Vibrate in Higher Abundance.
In every area and aspect of life!

I Vibrate in Higher Abundance.
In all areas and aspects of life!

I Vibrate in Higher Abundance.
Awakened, conscious, and in full awareness!

I Vibrate in Higher Abundance.
With love, joy, respect, appreciation, and gratitude!

I Vibrate in Higher Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Walk of Abundance

This is one of my favorite practices as it involves movement and your whole body.

When you go for a walk, dedicate it to a specific energy or quality. You can do this with abundance and prosperity. In your mind, dedicate your walk to abundance. Do it before you start, and when you complete it. Also, several times as you are walking. Every two to three minutes is enough.

Imagine that every step you take is a step of abundance. A step closer to abundance. Every step you take is an energy step. An energy uplift and empowerment. A process of consciousness, evolution, advancement, and awareness.

You can do this in your own way. You can simply state that every step is a step of abundance, a step closer to abundance. A healing and empowering step, an evolving and advancing step.

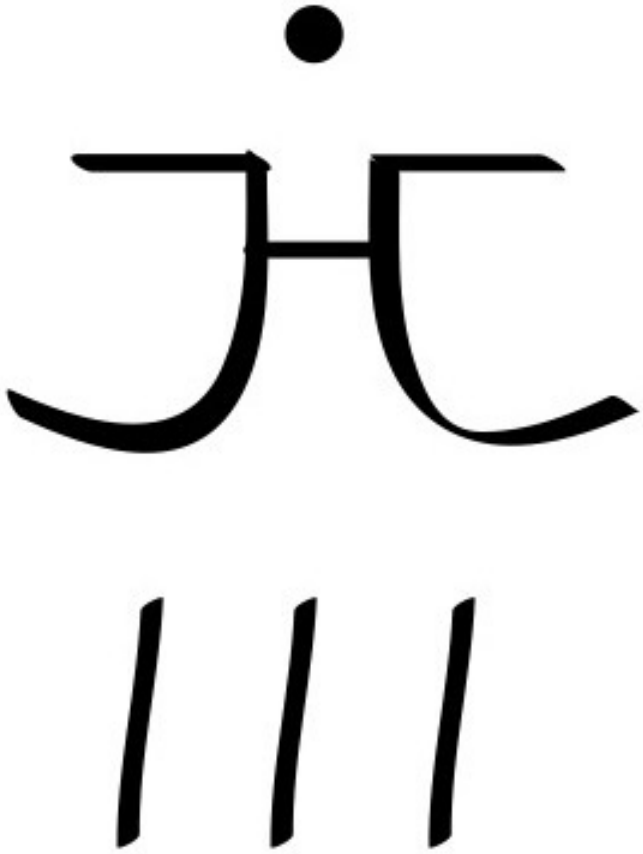
You don't need to have this in mind the whole time. Every now and then is enough. You will feel that your walk is highly energetic and spiritual! You may also feel energy or light flowing within and all around you.

It is preferable to take your walk in nature, although you can do it everywhere. You may also bless the people you see with abundance. And more than that, you can bless animals, trees, plants, even buildings with

abundance. Just wish abundance to all. Try not to get too much into your mind or into visualization. You can have the intention, and wish, visualize and do affirmations, but try to stay grounded, fully conscious, and aware of your walk, your surroundings, and your body.

POWER OF ABUNDANCE

ENERGY SYMBOL



Power of Abundance

It brings more power to your abundance.

ENERGY HEALING AFFIRMATION

I Empower my Abundance.

ENERGY HEALING INVOCATION

I Empower my Abundance.
I choose it, I will it, and I am directed towards it.

I Empower my Abundance.
It's so simple, easy, and natural for me!

I Empower my Abundance.
It is done immediately and from deep within!

I Empower my Abundance.
Wholly, completely, and perfectly!

I Empower my Abundance.
Every moment and in the here and now!

I Empower my Abundance.
Every single day; more and more each day!

I Empower my Abundance.
In the highest, greatest, and brightest way.

I Empower my Abundance.
On every level of myself and my being!

I Empower my Abundance.
On all levels of myself and my being!

I Empower my Abundance.
In every area and aspect of life!

I Empower my Abundance.
In all areas and aspects of life!

I Empower my Abundance.
Awakened, conscious, and in full awareness!

I Empower my Abundance.
With love, joy, respect, appreciation, and gratitude!

I Empower my Abundance.
For the Highest Good of All!

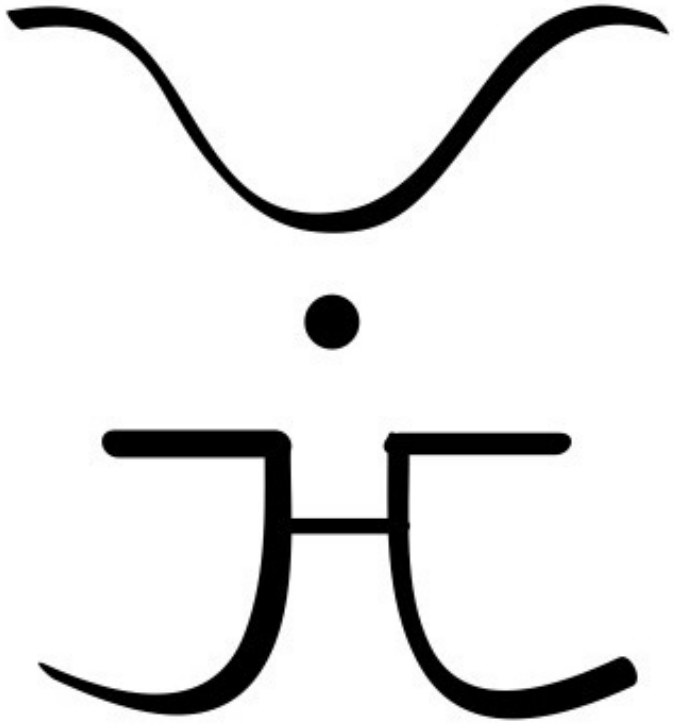
ENERGY HEALING PRACTICE

Empower Others

Have the intention to help and empower others to discover their own divine talents and gifts. Motivate and urge others to be more active and creative, to experience and manifest more abundance and prosperity in their life, more joy and wellbeing. Motivate them with your words and actions. Do it with sincere interest and care, from a place of love and respect, a state of oneness. Motivate, uplift, empower, see the best in everyone, and bring out the best in everyone. Inspire them to see their highest potential as well as to express it, without fear and hesitation. Focus on each person's gifts and talents and support them to recognize their infinite and true abundance. Focus on each person's best aspects and guide them to express their highest and best version. See joy, power, wisdom, love, and light in all. See abundance and prosperity in all. Believe it, affirm it, inspire it, motivate it, and co-create it. Be a loving and inspiring force of abundance and wellbeing for all.

ABUNDANCE OF FAITH

ENERGY SYMBOL



Abundance of Faith

It strengthens your faith in abundance.

ENERGY HEALING AFFIRMATION

I Grow my Faith in Abundance.

ENERGY HEALING INVOCATION

I Grow my Faith in Abundance.
I choose it, I will it, and I am directed towards it.

I Grow my Faith in Abundance.
It's so simple, easy, and natural for me!

I Grow my Faith in Abundance.
It is done immediately and from deep within!

I Grow my Faith in Abundance.
Wholly, completely, and perfectly!

I Grow my Faith in Abundance.
Every moment and in the here and now!

I Grow my Faith in Abundance.
Every single day; more and more each day!

I Grow my Faith in Abundance.
In the highest, greatest, and brightest way.

I Grow my Faith in Abundance.
On every level of myself and my being!

I Grow my Faith in Abundance.
On all levels of myself and my being!

I Grow my Faith in Abundance.
In every area and aspect of life!

I Grow my Faith in Abundance.
In all areas and aspects of life!

I Grow my Faith in Abundance.
Awakened, conscious, and in full awareness!

I Grow my Faith in Abundance.
With love, joy, respect, appreciation, and gratitude!

I Grow my Faith in Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

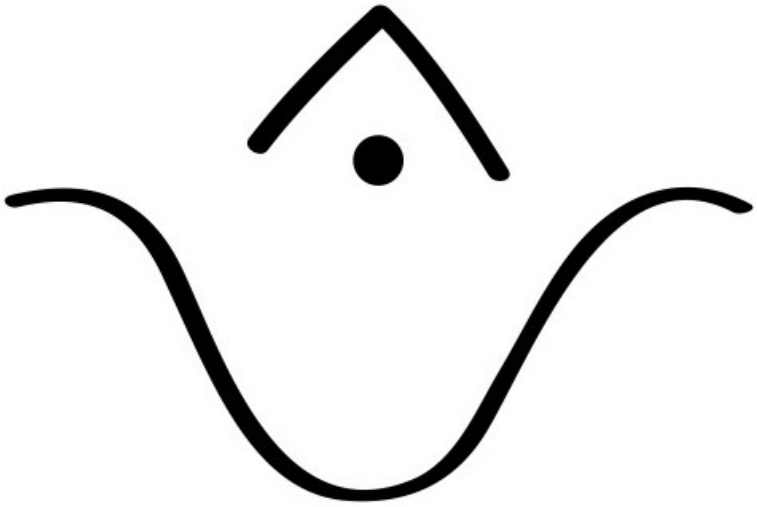
Your Ideal Job

Visualize your ideal and perfect job! Envision it in every detail! Can you do it? Visualize your ideal and perfect job in every detail! What would you do, how would you feel? How do you look on the outside? Can you see your surroundings? It is a job of great abundance, of great joy, of great meaning and purpose! A highly satisfying and fulfilling job! Picture the details or simply connect to the essence, allow the energy, get into this feeling. Attune more and more to the essence, the energy, and the feeling of your ideal job.

Feel that this is a possible reality or a parallel reality that is gradually being grounded and manifested. You are grounding and manifesting it more and more in the here and now. You are getting closer and closer and you attune more and more to it. It will soon be your new state, your actual state, your new and actual daily reality! Your ideal and perfect work is your new, actual, and real work!

GIFTS OF ABUNDANCE

ENERGY SYMBOL



Gifts of Abundance

It helps you receive and offer more gifts of abundance.

ENERGY HEALING AFFIRMATION

I Share the Gifts of Abundance with All.

ENERGY HEALING INVOCATION

I Share the Gifts of Abundance with All.
I choose it, I will it, and I am directed towards it.

I Share the Gifts of Abundance with All.
It's so simple, easy, and natural for me!

I Share the Gifts of Abundance with All.
It is done immediately and from deep within!

I Share the Gifts of Abundance with All.
Wholly, completely, and perfectly!

I Share the Gifts of Abundance with All.
Every moment and in the here and now!

I Share the Gifts of Abundance with All.
Every single day; more and more each day!

I Share the Gifts of Abundance with All.
In the highest, greatest, and brightest way.

I Share the Gifts of Abundance with All.
On every level of myself and my being!

I Share the Gifts of Abundance with All.
On all levels of myself and my being!

I Share the Gifts of Abundance with All.
In every area and aspect of life!

I Share the Gifts of Abundance with All.
In all areas and aspects of life!

I Share the Gifts of Abundance with All.
Awakened, conscious, and in full awareness!

I Share the Gifts of Abundance with All.
With love, joy, respect, appreciation, and gratitude!

I Share the Gifts of Abundance with All.
For the Highest Good of All!

ENERGY HEALING PRACTICE

A Gift of Abundance

Try to imagine or visualize a loved one in a state of Perfect Abundance and Prosperity! Mentally bless the person with pure abundance as well as with pure love!

Do it more meditatively:

Sit comfortably, with your spine straight, and take some slow, deep, and full breaths. Relax. Imagine yourself being filled with light, clear, pure, radiant, white light. It is the most positive energy, the light of life. Feel or see yourself being filled with this brightness of pure life energy. It is life, love, power, and wisdom!

Feel or have the intention that your energy and consciousness are expanding, are being elevated and uplifted to a higher level. Energetically and spiritually, you are expanding, you are rising…

Bring a loved one into your mind. It can be your partner, a family member, a friend, or a person in need. Don't worry, this is not an infringement on the person's free will nor a manipulation of any kind. It is simply a pure and gentle act of unconditional love.

Wish the Highest Good for the person. Imagine the person in bright white light. In a most bright, serene, loving, joyous, blissful state! Feel love. Think of the words "Abundance, Prosperity, Wellbeing." Wish abundance, prosperity, and wellbeing on the person. Do it from your heart with the greatest love.

Keep the intention that you are sending pure love, abundance, prosperity, and wellbeing to the person. Take some moments to see or feel this.

Once more, wish the Highest Good with the greatest love.

Whenever you are ready, take some more deep and full breaths and return to your body, to the here and now, feeling yourself fully re-energized and revitalized, feeling completely clear and luminous! You have blessed your loved one with love, abundance, prosperity, and wellbeing!

ABUNDANCE AWAKENING

ENERGY SYMBOL

Abundance Awakening

It awakens your abundance.

ENERGY HEALING AFFIRMATION

I Awaken my Abundance.

ENERGY HEALING INVOCATION

I Awaken my Abundance.
I choose it, I will it, and I am directed towards it.

I Awaken my Abundance.
It's so simple, easy, and natural for me!

I Awaken my Abundance.
It is done immediately and from deep within!

I Awaken my Abundance.
Wholly, completely, and perfectly!

I Awaken my Abundance.
Every moment and in the here and now!

I Awaken my Abundance.
Every single day; more and more each day!

I Awaken my Abundance.
In the highest, greatest, and brightest way.

I Awaken my Abundance.
On every level of myself and my being!

I Awaken my Abundance.
On all levels of myself and my being!

I Awaken my Abundance.
In every area and aspect of life!

I Awaken my Abundance.
In all areas and aspects of life!

I Awaken my Abundance.
Awakened, conscious, and in full awareness!

I Awaken my Abundance.
With love, joy, respect, appreciation, and gratitude!

I Awaken my Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Supreme Sun of Light and Love

Sit calmly, take a few deep breaths, and relax completely.

Imagine a Sun of Perfect Love and Splendid Light. It exists on a higher plane of reality.

Imagine or envision yourself going up some heavenly steps.

See or feel yourself entering this stunning Sun of light and love.

You enter the Sun of pure light and pure love, of infinite light and infinite love.

Spiritual light and love. True light and love. Light and love on all levels.

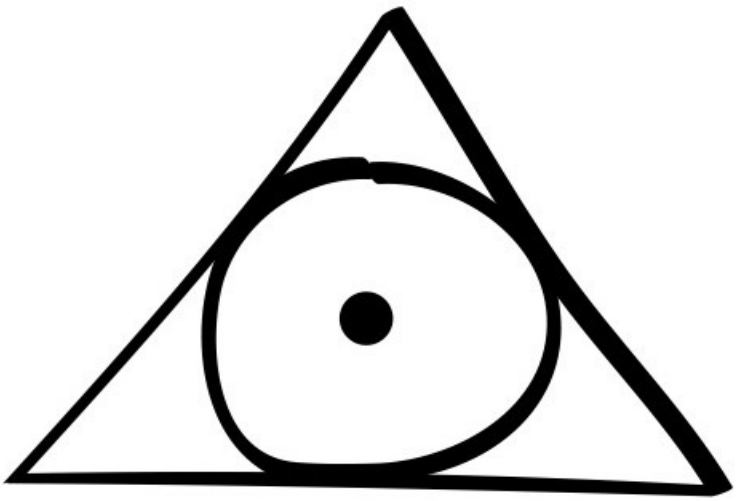
Spiritual abundance, prosperity, and goodness. True abundance, prosperity, and goodness. Abundance, prosperity, and goodness on all levels.

Open and receive all the blessings; open and receive all the good.

After some moments, see yourself coming down from the Sun. Ground yourself fully; return fully to the here and now. You are more luminous, more loving, more prosperous, and more abundant than ever before.

TRUE ABUNDANCE

ENERGY SYMBOL



True Abundance

It helps you move to true abundance, to perceive and recognize it.

ENERGY HEALING AFFIRMATION

I Perceive True Abundance.

ENERGY HEALING INVOCATION

I Perceive True Abundance.
I choose it, I will it, and I am directed towards it.

I Perceive True Abundance.
It's so simple, easy, and natural for me!

I Perceive True Abundance.
It is done immediately and from deep within!

I Perceive True Abundance.
Wholly, completely, and perfectly!

I Perceive True Abundance.
Every moment and in the here and now!

I Perceive True Abundance.
Every single day; more and more each day!

I Perceive True Abundance.
In the highest, greatest, and brightest way.

I Perceive True Abundance.
On every level of myself and my being!

I Perceive True Abundance.
On all levels of myself and my being!

I Perceive True Abundance.
In every area and aspect of life!

I Perceive True Abundance.
In all areas and aspects of life!

I Perceive True Abundance.
Awakened, conscious, and in full awareness!

I Perceive True Abundance.
With love, joy, respect, appreciation, and gratitude!

I Perceive True Abundance.
For the Highest Good of All!

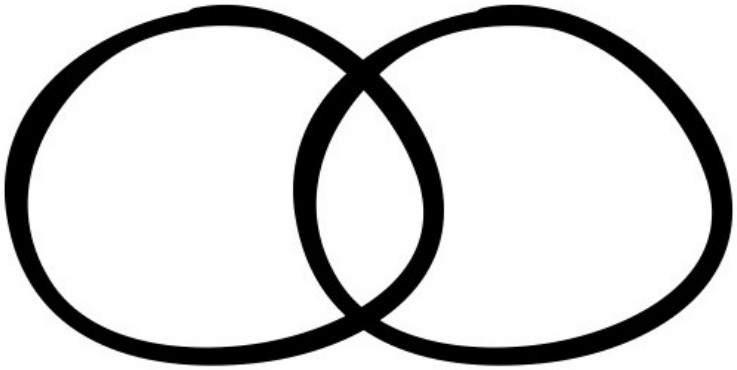
ENERGY HEALING PRACTICE

Express Your Talents

Make a decision to discover and practice your greatest talents. Make a conscious, deep, strong decision to follow your inclinations and passion. Be determined to uncover and express all of your gifts for the good of all. Be decisive, be determined, and fearlessly express your talents from this moment on! You can do it and you know the way to do it. Begin by expressing your decision and determination to explore your gifts and to share them with the world.

IN HARMONY WITH ABUNDANCE

ENERGY SYMBOL



In Harmony with Abundance

It harmonizes you with abundance.

ENERGY HEALING AFFIRMATION

I Harmonize Myself with Abundance.

ENERGY HEALING INVOCATION

I Harmonize Myself with Abundance.
I choose it, I will it, and I am directed towards it.

I Harmonize Myself with Abundance.
It's so simple, easy, and natural for me!

I Harmonize Myself with Abundance.
It is done immediately and from deep within!

I Harmonize Myself with Abundance.
Wholly, completely, and perfectly!

I Harmonize Myself with Abundance.
Every moment and in the here and now!

I Harmonize Myself with Abundance.
Every single day; more and more each day!

I Harmonize Myself with Abundance.
In the highest, greatest, and brightest way.

I Harmonize Myself with Abundance.
On every level of myself and my being!

I Harmonize Myself with Abundance.
On all levels of myself and my being!

I Harmonize Myself with Abundance.
In every area and aspect of life!

I Harmonize Myself with Abundance.
In all areas and aspects of life!

I Harmonize Myself with Abundance.
Awakened, conscious, and in full awareness!

I Harmonize Myself with Abundance.
With love, joy, respect, appreciation, and gratitude!

I Harmonize Myself with Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Become a Master of Organizing and Order

Abundance loves an organized mind, an organized space, an organized time, and an organized life. Abundance loves order, tidiness, cleanness, harmony.

Get organized! From today, from this moment on! Organize your mind and organize your life. Organize your time and organize your space. Organize your work and organize your money. Bring order into everything. Make priorities. Make lists. Clean and tidy your home and work area. Gift or recycle what you no longer need or use. Declutter your mind from unnecessary thoughts and repetitive patterns. Keep track of the money you receive and of your expenses.

Become the great manager of your life. Become a grandmaster of order and organizing. The day to start is today and the time to start is now!

UNIVERSAL LAW OF ABUNDANCE

ENERGY SYMBOL

Universal Law of Abundance

It connects you to the Spiritual Laws.

ENERGY HEALING AFFIRMATION

I Respect the Universal Law of Abundance.

ENERGY HEALING INVOCATION

I Respect the Universal Law of Abundance.
I choose it, I will it, and I am directed towards it.

I Respect the Universal Law of Abundance.
It's so simple, easy, and natural for me!

I Respect the Universal Law of Abundance.
It is done immediately and from deep within!

I Respect the Universal Law of Abundance.
Wholly, completely, and perfectly!

I Respect the Universal Law of Abundance.
Every moment and in the here and now!

I Respect the Universal Law of Abundance.
Every single day; more and more each day!

I Respect the Universal Law of Abundance.
In the highest, greatest, and brightest way.

I Respect the Universal Law of Abundance.
On every level of myself and my being!

I Respect the Universal Law of Abundance.
On all levels of myself and my being!

I Respect the Universal Law of Abundance.
In every area and aspect of life!

I Respect the Universal Law of Abundance.
In all areas and aspects of life!

I Respect the Universal Law of Abundance.
Awakened, conscious, and in full awareness!

I Respect the Universal Law of Abundance.
With love, joy, respect, appreciation, and gratitude!

I Respect the Universal Law of Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

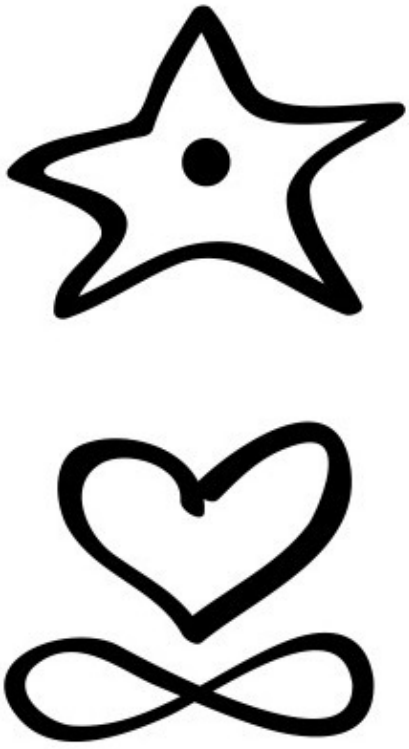
Follow the Laws of the Universe

Reality, the cosmos, and the universe are governed by spiritual laws. The natural laws are the physical manifestation of the spiritual laws. Connect to the spiritual laws of the universe and have the intention to recognize and understand them as well as to live by them.

Every day, make a mental connection to the laws of the universe. Your intention is enough. Have the intention to be aligned to the spiritual laws of life. Make a commitment to recognize the spiritual laws, to follow them and live by them. Following this commitment, be attentive and aware, and observe everything that takes place in your daily life. Make the necessary adjustments and changes as you see fit.

ABUNDANCE OF CARE

ENERGY SYMBOL



Abundance of Care

It helps you express and offer care.

ENERGY HEALING AFFIRMATION

I Care for the Abundance of All.

ENERGY HEALING INVOCATION

I Care for the Abundance of All.
I choose it, I will it, and I am directed towards it.

I Care for the Abundance of All.
It's so simple, easy, and natural for me!

I Care for the Abundance of All.
It is done immediately and from deep within!

I Care for the Abundance of All.
Wholly, completely, and perfectly!

I Care for the Abundance of All.
Every moment and in the here and now!

I Care for the Abundance of All.
Every single day; more and more each day!

I Care for the Abundance of All.
In the highest, greatest, and brightest way.

I Care for the Abundance of All.
On every level of myself and my being!

I Care for the Abundance of All.
On all levels of myself and my being!

I Care for the Abundance of All.
In every area and aspect of life!

I Care for the Abundance of All.
In all areas and aspects of life!

I Care for the Abundance of All.
Awakened, conscious, and in full awareness!

I Care for the Abundance of All.
With love, joy, respect, appreciation, and gratitude!

I Care for the Abundance of All.
For the Highest Good of All!

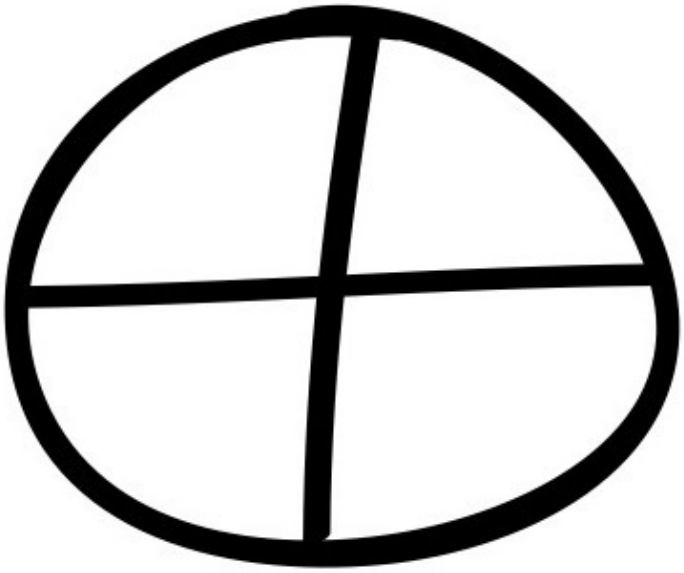
ENERGY HEALING PRACTICE

Extra Care for Yourself

Do more things to nourish and care for yourself. Take a break and have a massage or an energy healing session. Or spend a day at the spa. You can also take a long bath or simply have a long walk in nature. Whatever pleases you and brings you enjoyment. An hour to deeply rest, to renew and recharge. A precious gift to your body and soul. Mentally dedicate this hour of self-care to abundance, wellbeing, and prosperity. Feel that it is a gift of love and offering, one that brings you closer to abundance.

CHOICE OF ABUNDANCE

ENERGY SYMBOL



Choice of Abundance

It supports you in choosing abundance.

ENERGY HEALING AFFIRMATION

I Choose Abundance.

ENERGY HEALING INVOCATION

I Choose Abundance.
I choose it, I will it, and I am directed towards it.

I Choose Abundance.
It's so simple, easy, and natural for me!

I Choose Abundance.
It is done immediately and from deep within!

I Choose Abundance.
Wholly, completely, and perfectly!

I Choose Abundance.
Every moment and in the here and now!

I Choose Abundance.
Every single day; more and more each day!

I Choose Abundance.
In the highest, greatest, and brightest way.

I Choose Abundance.
On every level of myself and my being!

I Choose Abundance.
On all levels of myself and my being!

I Choose Abundance.
In every area and aspect of life!

I Choose Abundance.
In all areas and aspects of life!

I Choose Abundance.
Awakened, conscious, and in full awareness!

I Choose Abundance.
With love, joy, respect, appreciation, and gratitude!

I Choose Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Make the Choice of Abundance

What do you choose? What do you choose consciously as well as on a subconscious level?

Choose abundance. Choose abundance consciously. Do it in full awareness, with your full attention and intention. Spiritual and material abundance. Internal and external abundance. Choose consciously, responsibly, decisively, powerfully, wisely. Peacefully, joyfully, and lovingly. Without fear, anger, or guilt. Without negativity, doubt, or attachment. Choose consciously. Choose abundance consciously.

Close your eyes and repeat three or more times the following statements. Repeat them, slowly and meditatively, mentally or out loud. Then relax for a while in their beneficial bright energy.

“I choose Abundance!
From this moment, I choose Abundance!
In every moment, I choose Abundance!
I choose Abundance with all my heart, with all my energy and being.
I choose Abundance consciously, subconsciously, and superconsciously, from all levels of myself, with the totality of my being.
I choose Abundance on all levels.
I choose Abundance at all times and in all places.
I choose Abundance together with Love, Wisdom, Power, Freedom, Balance, Kindness, Awareness, Spirituality, and Enlightenment!”

ABUNDANCE OF NON-ATTACHMENT

ENERGY SYMBOL

Abundance of Non-Attachment

It releases negative attachments.

ENERGY HEALING AFFIRMATION

I Live in Abundance and Non-Attachment.

ENERGY HEALING INVOCATION

I Live in Abundance and Non-Attachment.
I choose it, I will it, and I am directed towards it.

I Live in Abundance and Non-Attachment.
It's so simple, easy, and natural for me!

I Live in Abundance and Non-Attachment.
It is done immediately and from deep within!

I Live in Abundance and Non-Attachment.
Wholly, completely, and perfectly!

I Live in Abundance and Non-Attachment.
Every moment and in the here and now!

I Live in Abundance and Non-Attachment.
Every single day; more and more each day!

I Live in Abundance and Non-Attachment.
In the highest, greatest, and brightest way.

I Live in Abundance and Non-Attachment.
On every level of myself and my being!

I Live in Abundance and Non-Attachment.
On all levels of myself and my being!

I Live in Abundance and Non-Attachment.
In every area and aspect of life!

I Live in Abundance and Non-Attachment.
In all areas and aspects of life!

I Live in Abundance and Non-Attachment.
Awakened, conscious, and in full awareness!

I Live in Abundance and Non-Attachment.
With love, joy, respect, appreciation, and gratitude!

I Live in Abundance and Non-Attachment.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Release Attachments

Don't cling to anything external and don't attach to material things and conditions. Be otherworldly, ethereal, and be free and transcendent. At the same time, aim to live well, in comfort and prosperity. Live now as best as you can, as if you only live once. Enjoy life and all the goods it offers but remember not to form strong bonds and attachments to external conditions and material things.

Once in a while, repeat the following exercise:

Close your eyes for a few moments, take some slow, full, deep breaths, and relax.

Feel yourself being filled with bright light, pure life energy.

Hold the intention that you wish to release all unnecessary, unhealthy bonds and attachments.

Feel them as long cords of energy that are being cut off from your energy and from your body.

Affirm that you release all lower, unhealthy bonds and attachments to external, material things and conditions.

Affirm the perfect freedom, independence, transcendence, fullness, completeness, and wholeness of your spirit, of your true self.

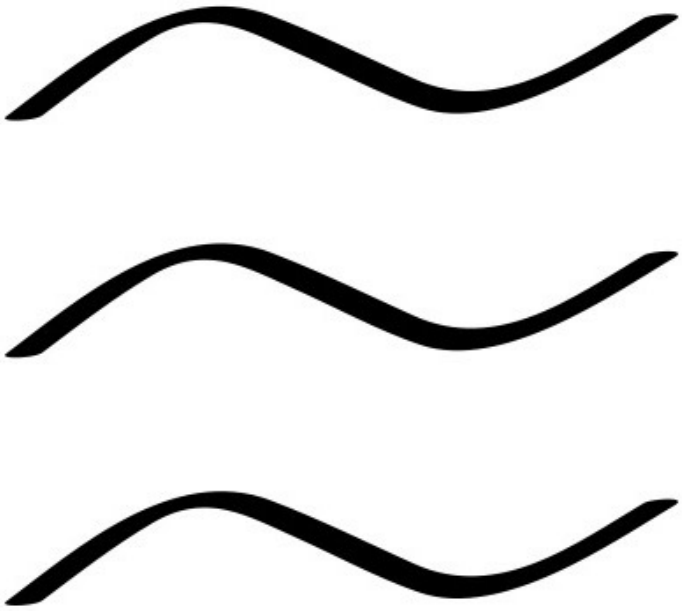
Once more, feel yourself being filled with bright light, pure life energy.

Take some more slow, full, deep breaths.

Open your eyes when you feel ready.

PURIFICATION OF ABUNDANCE

ENERGY SYMBOL



Purification of Abundance

It purifies your abundance.

ENERGY HEALING AFFIRMATION

I Purify my Abundance.

ENERGY HEALING INVOCATION

I Purify my Abundance.
I choose it, I will it, and I am directed towards it.

I Purify my Abundance.
It's so simple, easy, and natural for me!

I Purify my Abundance.
It is done immediately and from deep within!

I Purify my Abundance.
Wholly, completely, and perfectly!

I Purify my Abundance.
Every moment and in the here and now!

I Purify my Abundance.
Every single day; more and more each day!

I Purify my Abundance.
In the highest, greatest, and brightest way.

I Purify my Abundance.
On every level of myself and my being!

I Purify my Abundance.
On all levels of myself and my being!

I Purify my Abundance.
In every area and aspect of life!

I Purify my Abundance.
In all areas and aspects of life!

I Purify my Abundance.
Awakened, conscious, and in full awareness!

I Purify my Abundance.
With love, joy, respect, appreciation, and gratitude!

I Purify my Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

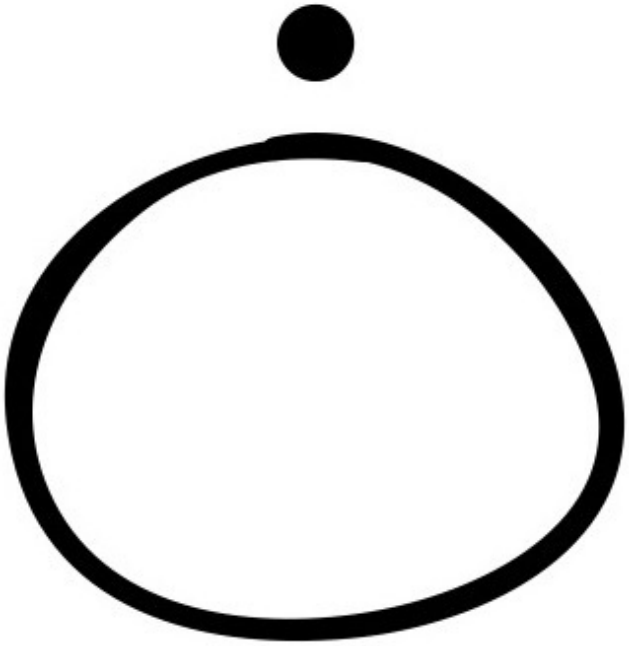
Energy Cleansing of Money

Remove all negativity and negative beliefs in relation to money. View money as a clean and pure medium that can only offer good, positive things to you, those around you, and everybody.

Take some money and place it on your left palm. With your right palm, make an "X" movement above the money and cancel all lower vibrations and negative beliefs you hold about it. Make the "X" movement a few times and visualize that you are canceling your negative emotions, thoughts, and beliefs about the money. Then hold it in between your palms and affirm that it is a pure and clean medium of positivity and goodness for all.

AWARENESS OF ABUNDANCE

ENERGY SYMBOL



Awareness of Abundance

It brings your awareness to abundance.

ENERGY HEALING AFFIRMATION

I Realize Abundance.

ENERGY HEALING INVOCATION

I Realize Abundance.
I choose it, I will it, and I am directed towards it.

I Realize Abundance.
It's so simple, easy, and natural for me!

I Realize Abundance.
It is done immediately and from deep within!

I Realize Abundance.
Wholly, completely, and perfectly!

I Realize Abundance.
Every moment and in the here and now!

I Realize Abundance.
Every single day; more and more each day!

I Realize Abundance.
In the highest, greatest, and brightest way.

I Realize Abundance.
On every level of myself and my being!

I Realize Abundance.
On all levels of myself and my being!

I Realize Abundance.

In every area and aspect of life!

I Realize Abundance.
In all areas and aspects of life!

I Realize Abundance.
Awakened, conscious, and in full awareness!

I Realize Abundance.
With love, joy, respect, appreciation, and gratitude!

I Realize Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Bless Yourself

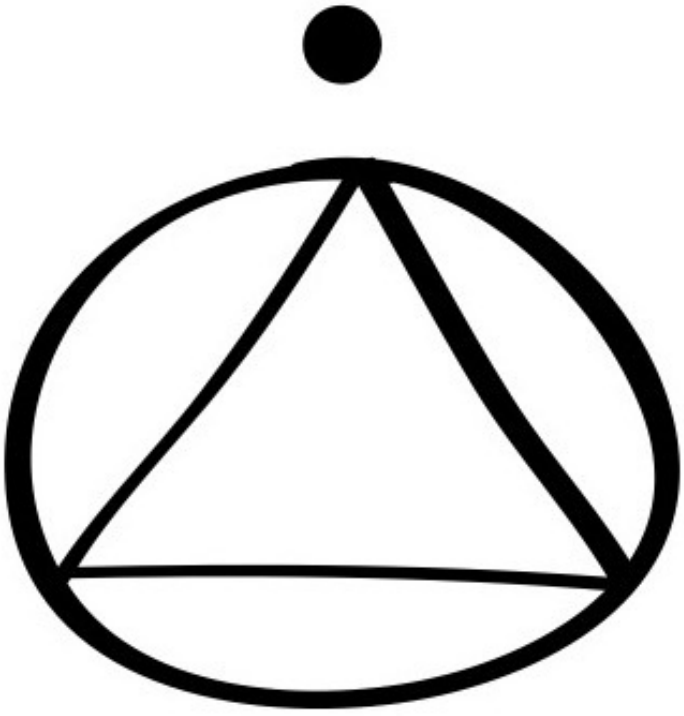
Look at yourself in the mirror and relax. Lovingly bless yourself with abundance on all levels and of all kinds. With prosperity and wellbeing.

Mentally affirm: “I bless myself with Abundance, Prosperity, and Wellbeing!” Repeat a few times and feel the energy.

Keep looking yourself in the mirror with love, joy, power, and self-confidence for some moments more.

CONNECTION TO ABUNDANCE

ENERGY SYMBOL



Connection to Abundance

It connects you to abundance.

ENERGY HEALING AFFIRMATION

I Connect to Abundance.

ENERGY HEALING INVOCATION

I Connect to Abundance.
I choose it, I will it, and I am directed towards it.

I Connect to Abundance.
It's so simple, easy, and natural for me!

I Connect to Abundance.
It is done immediately and from deep within!

I Connect to Abundance.
Wholly, completely, and perfectly!

I Connect to Abundance.
Every moment and in the here and now!

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In the highest, greatest, and brightest way.

I Connect to Abundance.
On every level of myself and my being!

I Connect to Abundance.
On all levels of myself and my being!

I Connect to Abundance.
In every area and aspect of life!

I Connect to Abundance.
In all areas and aspects of life!

I Connect to Abundance.
Awakened, conscious, and in full awareness!

I Connect to Abundance.
With love, joy, respect, appreciation, and gratitude!

I Connect to Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Bless Your Loved Ones

Bless your loved ones, family, and friends, with Abundance, Prosperity, and Wellbeing! Do it with the greatest love.

Close your eyes, take some slow, deep, and full breaths, and relax.

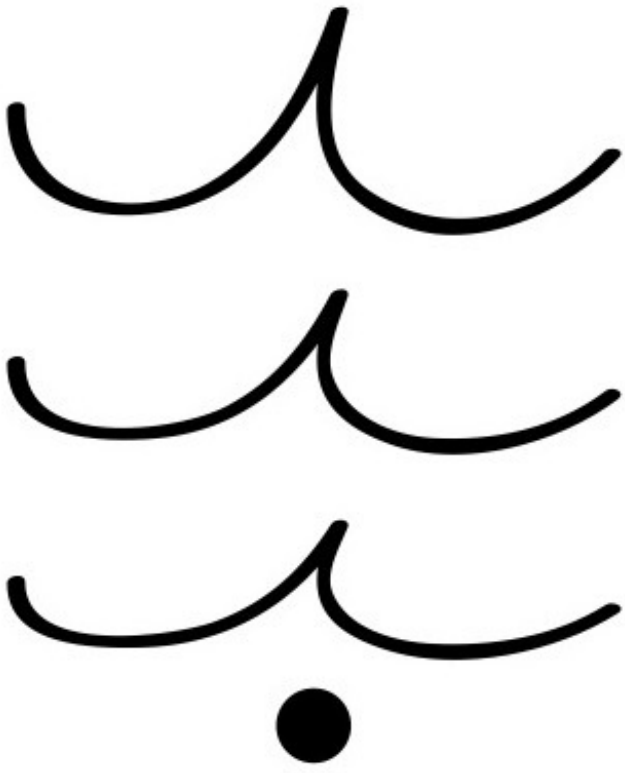
Mentally affirm: “I bless my loved ones, family, and friends, with Abundance, Prosperity, and Wellbeing!”

Repeat a few times and feel the energy.

Also do it whenever you are in their presence.

FLOW OF ABUNDANCE

ENERGY SYMBOL



Flow of Abundance

It increases the flow of abundance.

ENERGY HEALING AFFIRMATION

I Flow with Abundance.

ENERGY HEALING INVOCATION

I Flow with Abundance.
I choose it, I will it, and I am directed towards it.

I Flow with Abundance.
It's so simple, easy, and natural for me!

I Flow with Abundance.
It is done immediately and from deep within!

I Flow with Abundance.
Wholly, completely, and perfectly!

I Flow with Abundance.
Every moment and in the here and now!

I Flow with Abundance.
Every single day; more and more each day!

I Flow with Abundance.
In the highest, greatest, and brightest way.

I Flow with Abundance.
On every level of myself and my being!

I Flow with Abundance.
On all levels of myself and my being!

I Flow with Abundance.
In every area and aspect of life!

I Flow with Abundance.
In all areas and aspects of life!

I Flow with Abundance.
Awakened, conscious, and in full awareness!

I Flow with Abundance.
With love, joy, respect, appreciation, and gratitude!

I Flow with Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Ocean of Abundance

Envision that your personal energy flows and unites with an Ocean of Divine Light. Your self, your consciousness flows and unites with an Ocean of Divine Light. Like a river flowing into the ocean and becoming one with it!

Can you imagine it? Can you envision it, can you feel it? Have the intention to see and feel it, believe it, accept it, and experience it.

Your personal energy flows and unites with the Ocean of Divine Light. Your self, your consciousness, flows and unites with the Ocean of Divine Light.

Ocean of Divine Light, Divine Energy, Divine Love, and Divine Abundance! Infinite light, infinite energy, infinite love, and infinite abundance!

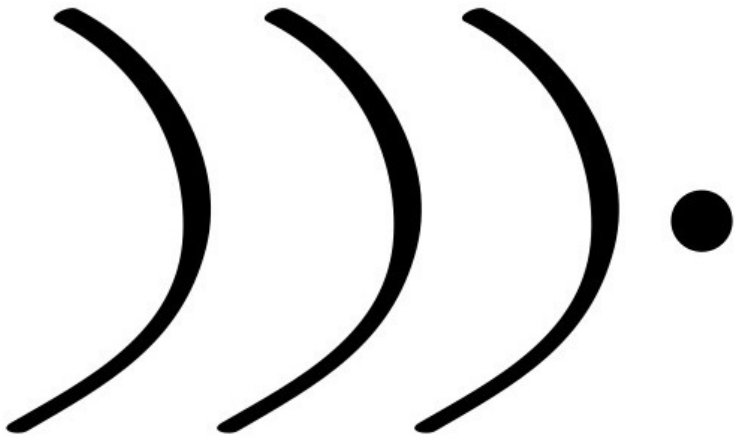
Ocean of Abundance, Divine Abundance! You flow towards it, you flow into it, you become one, you are united! Ocean of Abundance, Divine Abundance! You flow towards it, you flow into it, you become one, you are united!

It's an ecstatic intention! An ecstatic thought! An ecstatic feeling! An ecstatic energy! An ecstatic state! And an ecstatic experience!

Your energy, your consciousness, flowing and uniting with the Ocean of Divine Light and Abundance. Think, feel, and try to experience it more times throughout the day.

POSITIVE CHANGE OF ABUNDANCE

ENERGY SYMBOL



Positive Change of Abundance

It creates a positive change.

ENERGY HEALING AFFIRMATION

I Change towards Abundance.

ENERGY HEALING INVOCATION

I Change towards Abundance.
I choose it, I will it, and I am directed towards it.

I Change towards Abundance.
It's so simple, easy, and natural for me!

I Change towards Abundance.
It is done immediately and from deep within!

I Change towards Abundance.
Wholly, completely, and perfectly!

I Change towards Abundance.
Every moment and in the here and now!

I Change towards Abundance.
Every single day; more and more each day!

I Change towards Abundance.
In the highest, greatest, and brightest way.

I Change towards Abundance.
On every level of myself and my being!

I Change towards Abundance.
On all levels of myself and my being!

I Change towards Abundance.
In every area and aspect of life!

I Change towards Abundance.
In all areas and aspects of life!

I Change towards Abundance.
Awakened, conscious, and in full awareness!

I Change towards Abundance.
With love, joy, respect, appreciation, and gratitude!

I Change towards Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Bless Your Work

Bless your work with Abundance, Prosperity, and Wellbeing! Do it with the greatest love.

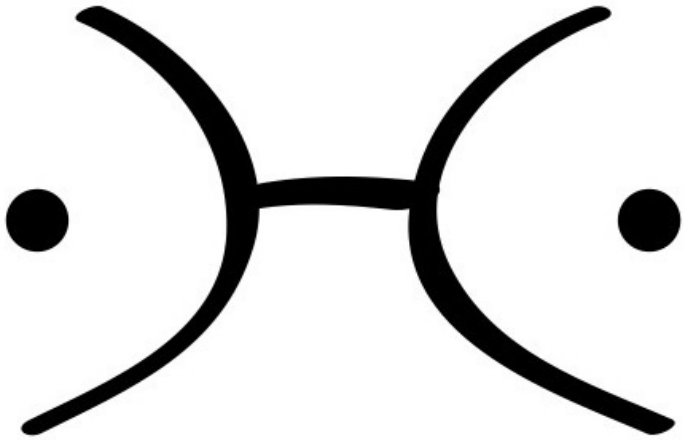
Close your eyes, take some slow, deep, and full breaths, and relax.

Mentally affirm: “I bless my work with Abundance, Prosperity, and Wellbeing!”

Repeat a few times and feel the energy.

TRANSMISSION OF ABUNDANCE

ENERGY SYMBOL



Transmission of Abundance

It helps you transmit abundance.

ENERGY HEALING AFFIRMATION

I Transmit Abundance.

ENERGY HEALING INVOCATION

I Transmit Abundance.
I choose it, I will it, and I am directed towards it.

I Transmit Abundance.
It's so simple, easy, and natural for me!

I Transmit Abundance.
It is done immediately and from deep within!

I Transmit Abundance.
Wholly, completely, and perfectly!

I Transmit Abundance.
Every moment and in the here and now!

I Transmit Abundance.
Every single day; more and more each day!

I Transmit Abundance.
In the highest, greatest, and brightest way.

I Transmit Abundance.
On every level of myself and my being!

I Transmit Abundance.
On all levels of myself and my being!

I Transmit Abundance.
In every area and aspect of life!

I Transmit Abundance.
In all areas and aspects of life!

I Transmit Abundance.
Awakened, conscious, and in full awareness!

I Transmit Abundance.
With love, joy, respect, appreciation, and gratitude!

I Transmit Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Love is Abundance

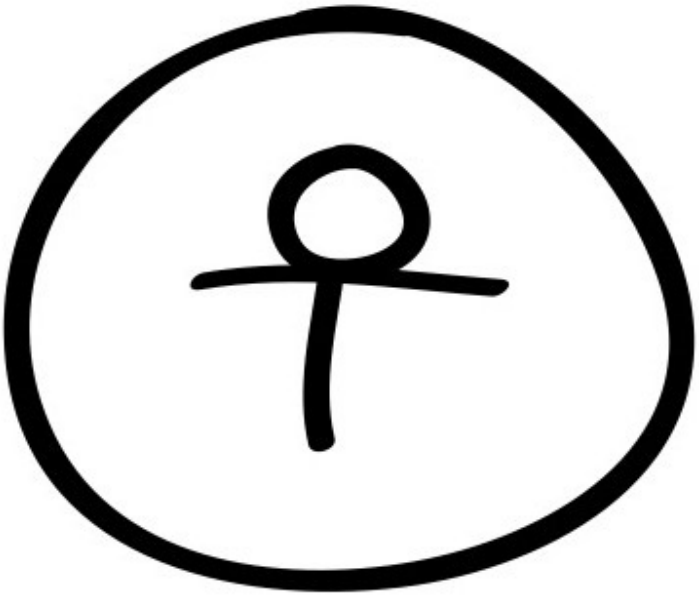
Love is abundance! Love is true, real abundance! It is the greatest wealth, the supreme wealth, absolute wealth.

Send vibrations of love to all beings. To the planet and the whole universe. To all creatures, animals, and plants. To all human beings. To your family and friends. To people who have disappointed and hurt you. Send love to everyone. Visualize it as a beautiful white or pink light coming from your chest. Send this light to all. Embrace and surround all with this light. The light of love.

The more love you give, the more love you receive. The more love you give, the more abundance you receive. It is the law. Love is abundance.

CHARISMA OF ABUNDANCE

ENERGY SYMBOL



Charisma of Abundance

It helps unfold your talents and charisma.

ENERGY HEALING AFFIRMATION

I Express my Talents of Abundance.

ENERGY HEALING INVOCATION

I Express my Talents of Abundance.
I choose it, I will it, and I am directed towards it.

I Express my Talents of Abundance.
It's so simple, easy, and natural for me!

I Express my Talents of Abundance.
It is done immediately and from deep within!

I Express my Talents of Abundance.
Wholly, completely, and perfectly!

I Express my Talents of Abundance.
Every moment and in the here and now!

I Express my Talents of Abundance.
Every single day; more and more each day!

I Express my Talents of Abundance.
In the highest, greatest, and brightest way.

I Express my Talents of Abundance.
On every level of myself and my being!

I Express my Talents of Abundance.
On all levels of myself and my being!

I Express my Talents of Abundance.

In every area and aspect of life!

I Express my Talents of Abundance.
In all areas and aspects of life!

I Express my Talents of Abundance.
Awakened, conscious, and in full awareness!

I Express my Talents of Abundance.
With love, joy, respect, appreciation, and gratitude!

I Express my Talents of Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Your Gifts

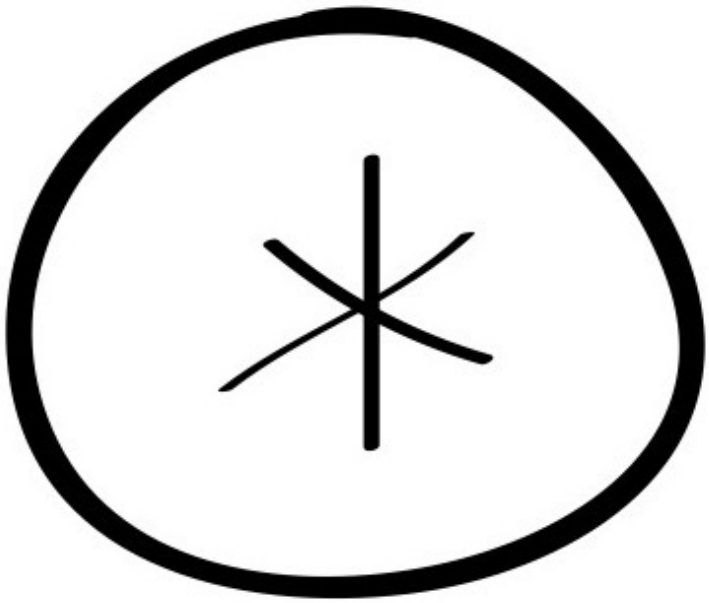
You are a beloved and blessed being, a talented and charismatic being. A most beloved and blessed, a most talented and charismatic child of the universe and Spirit! Of the most abundant universe and Spirit!

What are your gifts? Dedicate a few moments to meditate on this. In a relaxed state, turn inwards and mentally ask yourself: “What are my gifts?” Repeat this question a few times and relax more. Then ask, “How can I make the most of them?” and repeat the question a few times more in a relaxed manner. Be open to receiving the answers to your questions, as well as higher inspiration and guidance.

Fully decide to accept your gifts, to recognize and receive them, as well as to express and manifest them. Be determined to put them into action and share them, offer them to the world! This is true abundance!

INNER MEANING OF ABUNDANCE

ENERGY SYMBOL



Inner Meaning of Abundance

It reveals the true meaning of abundance.

ENERGY HEALING AFFIRMATION

I Enter the Inner Meaning of Abundance.

ENERGY HEALING INVOCATION

I Enter the Inner Meaning of Abundance.
I choose it, I will it, and I am directed towards it.

I Enter the Inner Meaning of Abundance.
It's so simple, easy, and natural for me!

I Enter the Inner Meaning of Abundance.
It is done immediately and from deep within!

I Enter the Inner Meaning of Abundance.
Wholly, completely, and perfectly!

I Enter the Inner Meaning of Abundance.
Every moment and in the here and now!

I Enter the Inner Meaning of Abundance.
Every single day; more and more each day!

I Enter the Inner Meaning of Abundance.
In the highest, greatest, and brightest way.

I Enter the Inner Meaning of Abundance.
On every level of myself and my being!

I Enter the Inner Meaning of Abundance.
On all levels of myself and my being!

I Enter the Inner Meaning of Abundance.
In every area and aspect of life!

I Enter the Inner Meaning of Abundance.
In all areas and aspects of life!

I Enter the Inner Meaning of Abundance.
Awakened, conscious, and in full awareness!

I Enter the Inner Meaning of Abundance.
With love, joy, respect, appreciation, and gratitude!

I Enter the Inner Meaning of Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

What Does Abundance Mean?

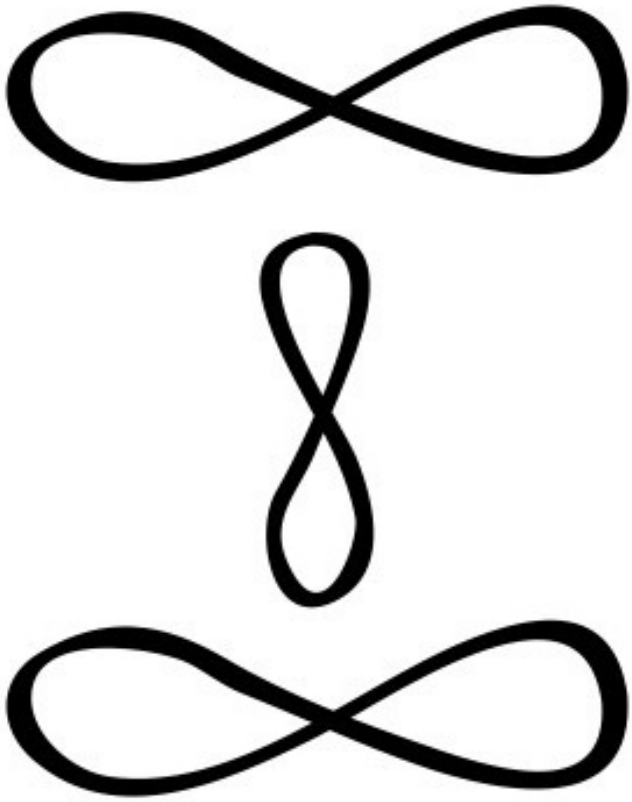
Ask yourself: What does abundance mean to you?

Write on a piece of paper whatever comes to mind. What is abundance for you? What things and conditions does it include? Is it only about money and material things? What about time? Quality of life? Health? Relationships? Emotional state? Passion and joy? Creativity, sense of purpose, and meaning? Offering and contributing? Expressing yourself, your abilities, and your talents? Helping others? Learning, advancing, and evolving? Spirituality?

Keep this question in mind all day long. Ask honestly, from deep within, and look for guidance and answers. What is abundance, what does abundance mean to you? Keep your eyes and mind open for answers – they will be coming your way!

EVOLUTION OF ABUNDANCE

ENERGY SYMBOL



Evolution of Abundance

It helps you evolve in abundance.

ENERGY HEALING AFFIRMATION

I Evolve through Abundance.

ENERGY HEALING INVOCATION

I Evolve through Abundance.
I choose it, I will it, and I am directed towards it.

I Evolve through Abundance.
It's so simple, easy, and natural for me!

I Evolve through Abundance.
It is done immediately and from deep within!

I Evolve through Abundance.
Wholly, completely, and perfectly!

I Evolve through Abundance.
Every moment and in the here and now!

I Evolve through Abundance.
Every single day; more and more each day!

I Evolve through Abundance.
In the highest, greatest, and brightest way.

I Evolve through Abundance.
On every level of myself and my being!

I Evolve through Abundance.
On all levels of myself and my being!

I Evolve through Abundance.
In every area and aspect of life!

I Evolve through Abundance.
In all areas and aspects of life!

I Evolve through Abundance.
Awakened, conscious, and in full awareness!

I Evolve through Abundance.
With love, joy, respect, appreciation, and gratitude!

I Evolve through Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

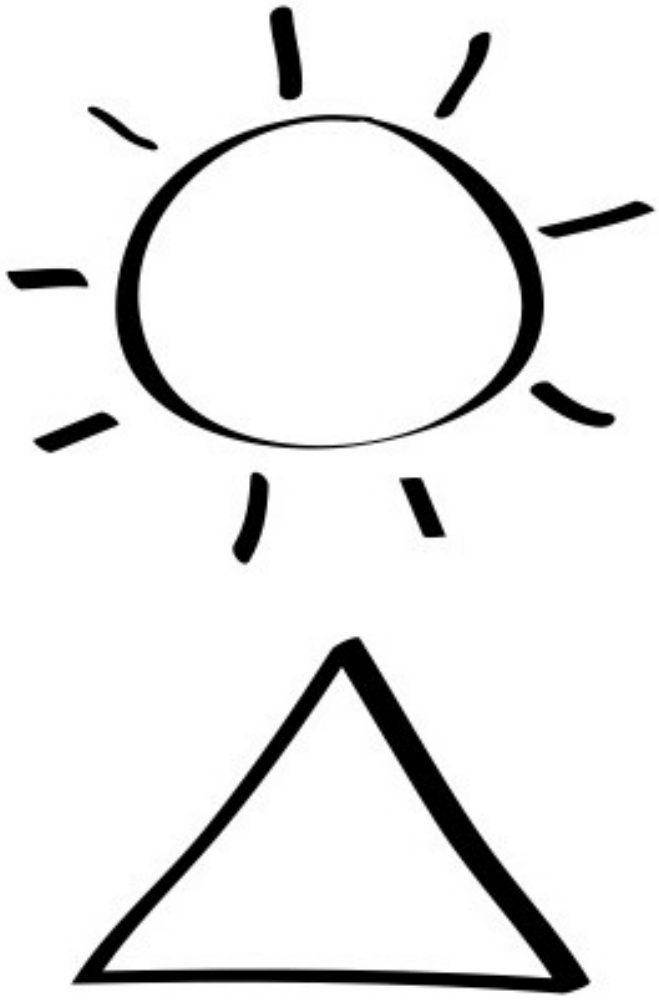
A Spiritual Agreement and Commitment

Allow yourself to receive support and guidance from Spirit, from the Highest Source of All. Dedicate yourself to fully embody your Higher Self, a spiritual being of higher wisdom, power, and love. Commit to your spiritual work and illumination and let Spirit take care of your daily matters, your work, and your finances.

Form this new, strong belief: as you work daily towards your spiritual evolution and advancement, Spirit supports and guides you in everything material and mundane. It is a spiritual commitment as well as an inner, silent, secret agreement.

LEAP OF ABUNDANCE

ENERGY SYMBOL



Leap of Abundance

It supports you in taking a leap towards abundance.

ENERGY HEALING AFFIRMATION

I Take a Leap of Abundance.

ENERGY HEALING INVOCATION

I Take a Leap of Abundance.
I choose it, I will it, and I am directed towards it.

I Take a Leap of Abundance.
It's so simple, easy, and natural for me!

I Take a Leap of Abundance.
It is done immediately and from deep within!

I Take a Leap of Abundance.
Wholly, completely, and perfectly!

I Take a Leap of Abundance.
Every moment and in the here and now!

I Take a Leap of Abundance.
Every single day; more and more each day!

I Take a Leap of Abundance.
In the highest, greatest, and brightest way.

I Take a Leap of Abundance.
On every level of myself and my being!

I Take a Leap of Abundance.
On all levels of myself and my being!

I Take a Leap of Abundance.
In every area and aspect of life!

I Take a Leap of Abundance.
In all areas and aspects of life!

I Take a Leap of Abundance.
Awakened, conscious, and in full awareness!

I Take a Leap of Abundance.
With love, joy, respect, appreciation, and gratitude!

I Take a Leap of Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Clear Blockages

What blocks you from experiencing true abundance?

Turn your palms facing out, in front of you, at the height of your chest and affirm: “I clear all blockages to abundance.”

Keep your palms outwards as if you are touching an invisible wall.

Repeat the affirmation and notice the energy in your palms.

You are sending energy to clear your blockages.

You are sending light, vital energy, positive vibrations, higher frequencies.

Visualize that you are sending bright white light with your palms outwards, and have the intention that the light is directed to your obstacles, clearing them out.

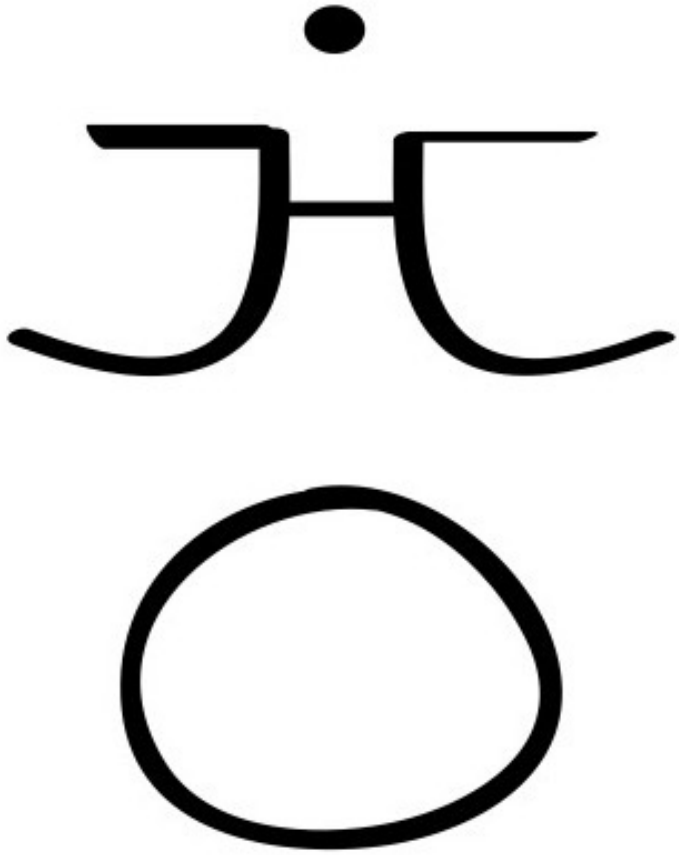
Stay in this position for a few minutes.

Complete by placing your palms into prayer position. Thank the energy.

Repeat this technique at least three times.

NATURAL ABUNDANCE

ENERGY SYMBOL



Natural Abundance

It connects you to the Abundance of Nature.

ENERGY HEALING AFFIRMATION

I Thank All the Abundance of Mother Nature.

ENERGY HEALING INVOCATION

I Thank All the Abundance of Mother Nature.
I choose it, I will it, and I am directed towards it.

I Thank All the Abundance of Mother Nature.
It's so simple, easy, and natural for me!

I Thank All the Abundance of Mother Nature.
It is done immediately and from deep within!

I Thank All the Abundance of Mother Nature.
Wholly, completely, and perfectly!

I Thank All the Abundance of Mother Nature.
Every moment and in the here and now!

I Thank All the Abundance of Mother Nature.
Every single day; more and more each day!

I Thank All the Abundance of Mother Nature.
In the highest, greatest, and brightest way.

I Thank All the Abundance of Mother Nature.
On every level of myself and my being!

I Thank All the Abundance of Mother Nature.
On all levels of myself and my being!

I Thank All the Abundance of Mother Nature.
In every area and aspect of life!

I Thank All the Abundance of Mother Nature.
In all areas and aspects of life!

I Thank All the Abundance of Mother Nature.
Awakened, conscious, and in full awareness!

I Thank All the Abundance of Mother Nature.
With love, joy, respect, appreciation, and gratitude!

I Thank All the Abundance of Mother Nature.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Nature is Abundance

Take a walk in nature.

Relax, observe, and enjoy nature as much as you can.

Affirm: “This is abundance!”

Breathe deeply the fresh air… “This is abundance!”

Feel the rich soil, the nurturing earth… the stones, the minerals, the sand… “This is abundance!”

See the exquisite sea… “This is abundance!”

See the limitless sky… “This is abundance!”

See the powerful trees, touch them… “This is abundance!”

See all the wondrous life forms, the world of the smallest insect, the freedom of a bird, the magnificent art of a flower… “This is abundance!”

The myriad colors and their myriad shades, all the sounds and melodies, the fragrances, the textures, the shapes, the forms, all the variety, the multiplicity, and the multitude… “This is abundance!”

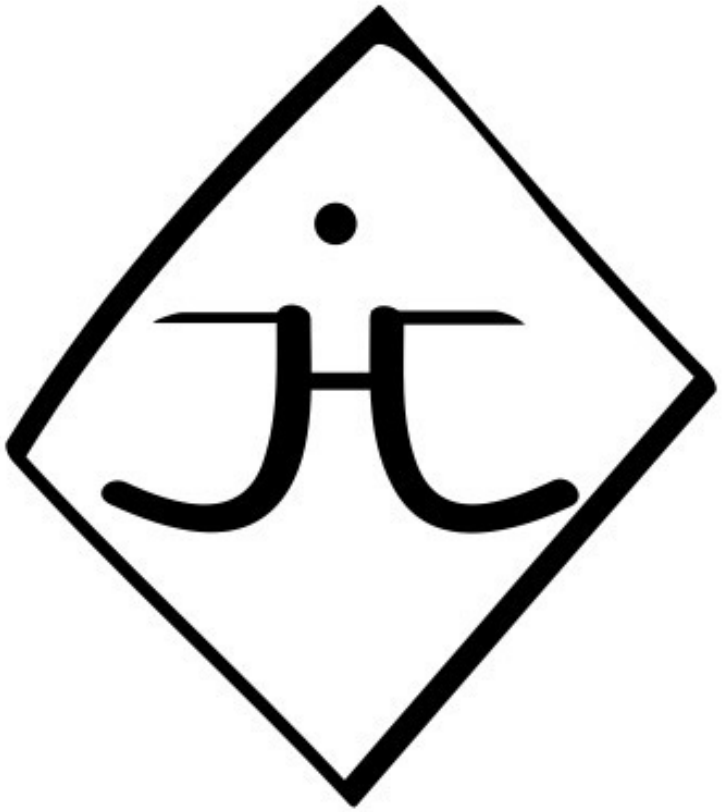
The absolute beauty of nature, the secret harmony, the deep intelligence… an orgasm of life, a living orgasm… “This is abundance!”

Nature is Abundance.

Connect more to nature and connect more to abundance. Attune more to nature and attune more to abundance. Enjoy nature and enjoy abundance. It is as clear and simple as that. Nature and Abundance are One.

EXPERIENCE OF ABUNDANCE

ENERGY SYMBOL



Experience of Abundance

It brings abundance to your experience.

ENERGY HEALING AFFIRMATION

I Experience Abundance.

ENERGY HEALING INVOCATION

I Experience Abundance.
I choose it, I will it, and I am directed towards it.

I Experience Abundance.
It's so simple, easy, and natural for me!

I Experience Abundance.
It is done immediately and from deep within!

I Experience Abundance.
Wholly, completely, and perfectly!

I Experience Abundance.
Every moment and in the here and now!

I Experience Abundance.
Every single day; more and more each day!

I Experience Abundance.
In the highest, greatest, and brightest way.

I Experience Abundance.
On every level of myself and my being!

I Experience Abundance.
On all levels of myself and my being!

I Experience Abundance.
In every area and aspect of life!

I Experience Abundance.
In all areas and aspects of life!

I Experience Abundance.
Awakened, conscious, and in full awareness!

I Experience Abundance.
With love, joy, respect, appreciation, and gratitude!

I Experience Abundance.
For the Highest Good of All!

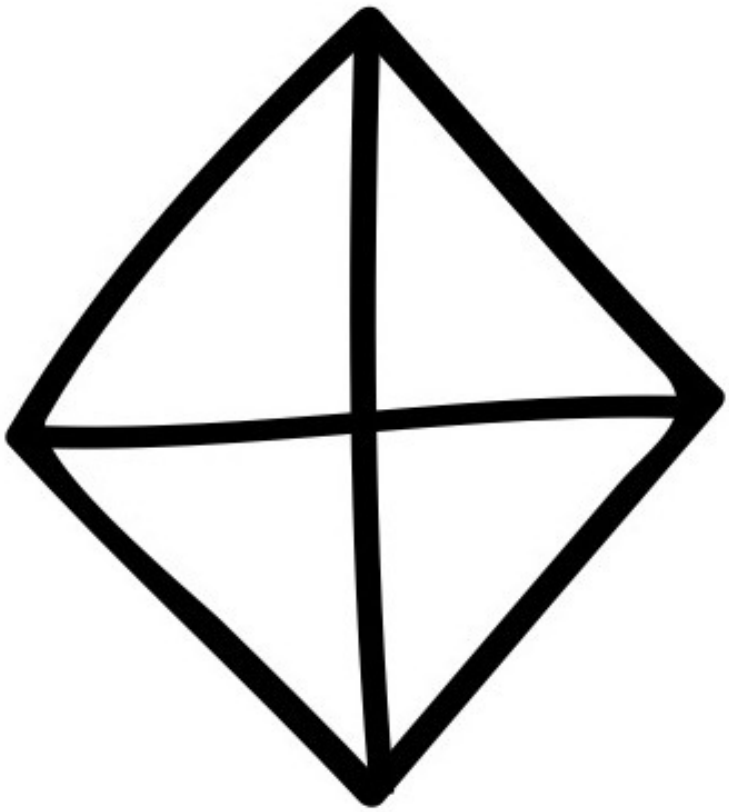
ENERGY HEALING PRACTICE

Golden Light

Go out in the sun and bask in its warm life energy. Think of abundance as you are under the sun's exquisite golden light. Its light brings more abundance and its light is pure abundance. Light, life, and abundance are aspects of Spirit. Light, life, and abundance are facets of the Divine. Light, life, and abundance are one and the same.

CRYSTALS OF ABUNDANCE

ENERGY SYMBOL



Crystals of Abundance

It crystallizes, stabilizes, grounds abundance.

ENERGY HEALING AFFIRMATION

I Place Crystals of Abundance into my Life.

ENERGY HEALING INVOCATION

I Place Crystals of Abundance into my Life.
I choose it, I will it, and I am directed towards it.

I Place Crystals of Abundance into my Life.
It's so simple, easy, and natural for me!

I Place Crystals of Abundance into my Life.
It is done immediately and from deep within!

I Place Crystals of Abundance into my Life.
Wholly, completely, and perfectly!

I Place Crystals of Abundance into my Life.
Every moment and in the here and now!

I Place Crystals of Abundance into my Life.
Every single day; more and more each day!

I Place Crystals of Abundance into my Life.
In the highest, greatest, and brightest way.

I Place Crystals of Abundance into my Life.
On every level of myself and my being!

I Place Crystals of Abundance into my Life.
On all levels of myself and my being!

I Place Crystals of Abundance into my Life.
In every area and aspect of life!

I Place Crystals of Abundance into my Life.
In all areas and aspects of life!

I Place Crystals of Abundance into my Life.
Awakened, conscious, and in full awareness!

I Place Crystals of Abundance into my Life.
With love, joy, respect, appreciation, and gratitude!

I Place Crystals of Abundance into my Life.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Crystals of Abundance

Take twelve small, polished quartz crystals. You can find them in a new age shop or a store that specializes in minerals and crystals.

Energetically clean the crystals by placing them under cold running water.

Place them in a bowl with coarse salt and leave them for two hours.

Next, charge them by placing them under direct sunlight for a few more hours.

Then, take them in your palms and give them energy and love using your hands and thoughts.

Name them “Crystals of Abundance.”

Place the crystals around you in a circle and relax.

You can sit or lie down.

Focus your mind on thoughts of abundance, light, and love.

Be open and receptive.

Take some deep breaths and relax even more.

Feel the energy.

Stay in the energy of the crystals for ten minutes or more.

Then, rinse them again, give them more energy and love with your hands, and place them in a special or favorite spot in the house. Preferably place them on your personal altar, a place where you meditate and have your energetic and spiritual objects, books, or icons.

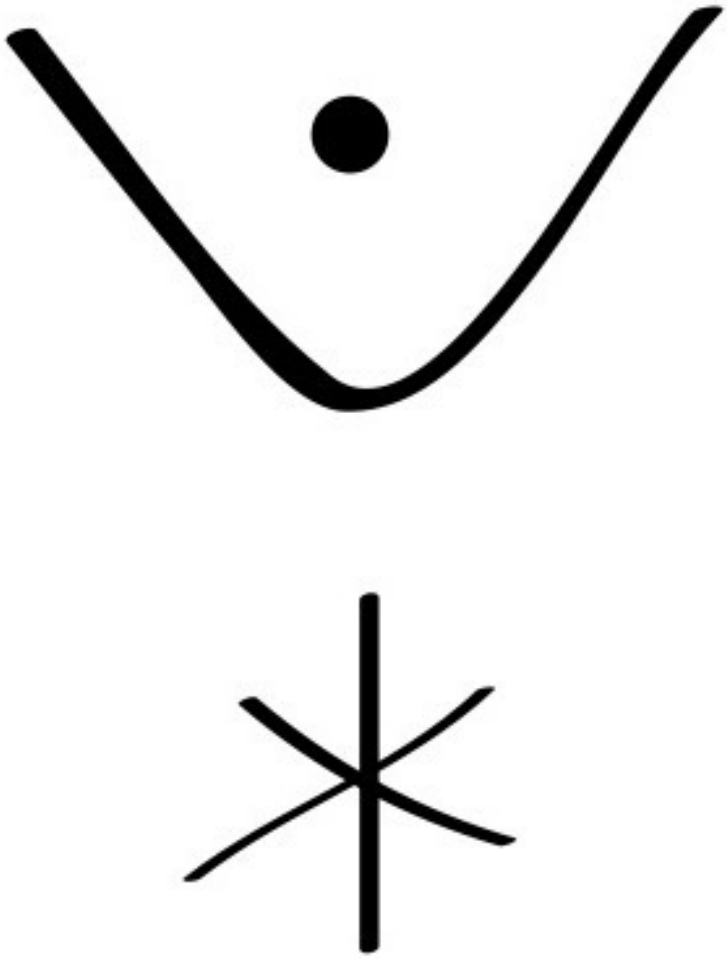
Repeat this exercise more times.

Clear quartz is highly healing, pure, and powerful, and can be “programmed” for all sorts of things. It is pure light; it channels vital energy and magnifies all positive life qualities.

Although clear quartz works wonders and is highly recommended, you can also do this exercise with crystals that are more specific to abundance, such as citrine, malachite, jasper, and aventurine.

OPPORTUNITIES OF ABUNDANCE

ENERGY SYMBOL



Opportunities of Abundance

It brings opportunities for abundance.

ENERGY HEALING AFFIRMATION

I Seize the Opportunities of Abundance.

ENERGY HEALING INVOCATION

I Seize the Opportunities of Abundance.
I choose it, I will it, and I am directed towards it.

I Seize the Opportunities of Abundance.
It's so simple, easy, and natural for me!

I Seize the Opportunities of Abundance.
It is done immediately and from deep within!

I Seize the Opportunities of Abundance.
Wholly, completely, and perfectly!

I Seize the Opportunities of Abundance.
Every moment and in the here and now!

I Seize the Opportunities of Abundance.
Every single day; more and more each day!

I Seize the Opportunities of Abundance.
In the highest, greatest, and brightest way.

I Seize the Opportunities of Abundance.
On every level of myself and my being!

I Seize the Opportunities of Abundance.
On all levels of myself and my being!

I Seize the Opportunities of Abundance.
In every area and aspect of life!

I Seize the Opportunities of Abundance.
In all areas and aspects of life!

I Seize the Opportunities of Abundance.
Awakened, conscious, and in full awareness!

I Seize the Opportunities of Abundance.
With love, joy, respect, appreciation, and gratitude!

I Seize the Opportunities of Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

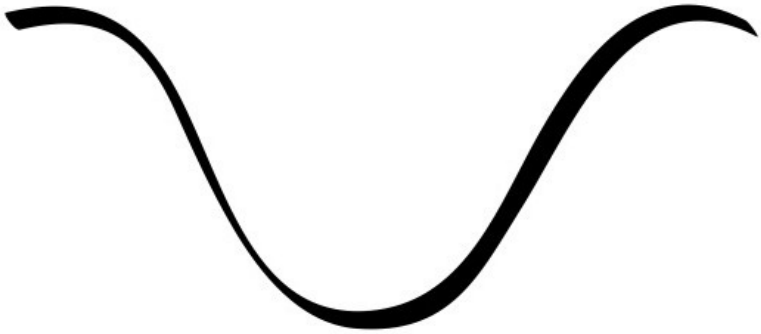
The Stone of Abundance

Choose a stone, a pebble, or a crystal and name it “Stone of Abundance.” Hold it in your hands with love. Energize it with your intent and with your palms. Energize it with love and light. Infuse it with love and light. Your focused intent is enough.

It will be a symbol of Abundance, a point of focus, a reminder. Keep it with you and any time you want to enhance and manifest the energy of Abundance, hold it, see it and feel it.

ACCEPTANCE OF ABUNDANCE

ENERGY SYMBOL



Acceptance of Abundance

It helps you receive more abundance

ENERGY HEALING AFFIRMATION

I Accept Abundance.

ENERGY HEALING INVOCATION

I Accept Abundance.
I choose it, I will it, and I am directed towards it.

I Accept Abundance.
It's so simple, easy, and natural for me!

I Accept Abundance.
It is done immediately and from deep within!

I Accept Abundance.
Wholly, completely, and perfectly!

I Accept Abundance.
Every moment and in the here and now!

I Accept Abundance.
Every single day; more and more each day!

I Accept Abundance.
In the highest, greatest, and brightest way.

I Accept Abundance.
On every level of myself and my being!

I Accept Abundance.
On all levels of myself and my being!

I Accept Abundance.
In every area and aspect of life!

I Accept Abundance.
In all areas and aspects of life!

I Accept Abundance.
Awakened, conscious, and in full awareness!

I Accept Abundance.
With love, joy, respect, appreciation, and gratitude!

I Accept Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Acceptance

Open your arms to the side, as if you wish to embrace a loved one, and say, "I accept abundance!" Bring your hands to your chest as if you embrace your loved one.

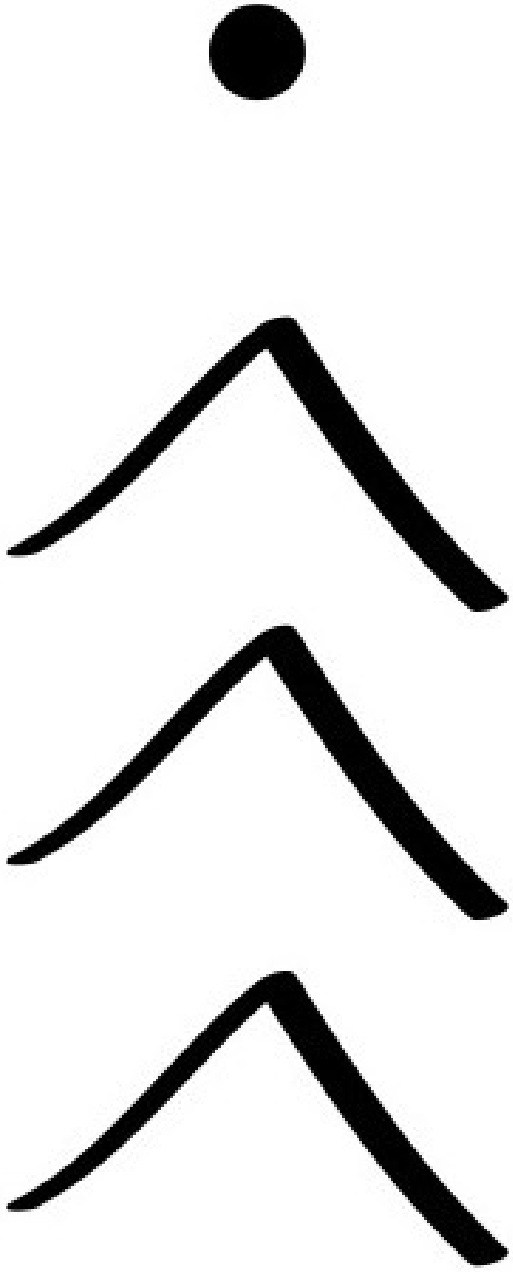
Open up to abundance, welcome it, embrace it, bring it to your heart.

Repeat several times, slowly and calmly.

Feel the energy and the healing effect of this exercise.

DISCOVERY OF ABUNDANCE

ENERGY SYMBOL



Discovery of Abundance

It helps you discover more abundance.

ENERGY HEALING AFFIRMATION

I Discover Abundance.

ENERGY HEALING INVOCATION

I Discover Abundance.
I choose it, I will it, and I am directed towards it.

I Discover Abundance.
It's so simple, easy, and natural for me!

I Discover Abundance.
It is done immediately and from deep within!

I Discover Abundance.
Wholly, completely, and perfectly!

I Discover Abundance.
Every moment and in the here and now!

I Discover Abundance.
Every single day; more and more each day!

I Discover Abundance.
In the highest, greatest, and brightest way.

I Discover Abundance.
On every level of myself and my being!

I Discover Abundance.
On all levels of myself and my being!

I Discover Abundance.
In every area and aspect of life!

I Discover Abundance.
In all areas and aspects of life!

I Discover Abundance.

Awakened, conscious, and in full awareness!

I Discover Abundance.
With love, joy, respect, appreciation, and gratitude!

I Discover Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Bless All People

Bless all people with Abundance, Prosperity, and Wellbeing! Do it with the greatest love. Unlimitedly, unconditionally, all-inclusively, with no exceptions.

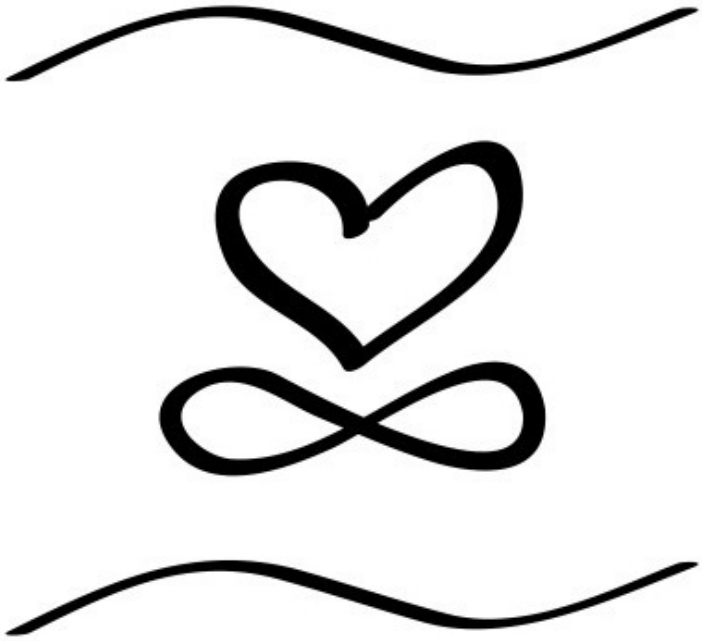
Close your eyes, take some slow, deep, and full breaths, and relax.

Mentally affirm: “I bless all people with Abundance, Prosperity, and Wellbeing! All people, everyone!”

Repeat a few times and feel the energy.

ABUNDANCE OF JOY

ENERGY SYMBOL



Abundance of Joy

It increases joy.

ENERGY HEALING AFFIRMATION

I Rejoice in Abundance.

ENERGY HEALING INVOCATION

I Rejoice in Abundance.
I choose it, I will it, and I am directed towards it.

I Rejoice in Abundance.
It's so simple, easy, and natural for me!

I Rejoice in Abundance.
It is done immediately and from deep within!

I Rejoice in Abundance.
Wholly, completely, and perfectly!

I Rejoice in Abundance.
Every moment and in the here and now!

I Rejoice in Abundance.
Every single day; more and more each day!

I Rejoice in Abundance.
In the highest, greatest, and brightest way.

I Rejoice in Abundance.
On every level of myself and my being!

I Rejoice in Abundance.
On all levels of myself and my being!

I Rejoice in Abundance.
In every area and aspect of life!

I Rejoice in Abundance.
In all areas and aspects of life!

I Rejoice in Abundance.
Awakened, conscious, and in full awareness!

I Rejoice in Abundance.
With love, joy, respect, appreciation, and gratitude!

I Rejoice in Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Smile Therapy

Today, practice a little more smile therapy! A smile sends the message of satisfaction, fulfillment, and joy to you and those around you. It also sends this positive message to the universe, which responds positively to this grateful attitude of yours. A happy smile makes you feel good and be well on all levels.

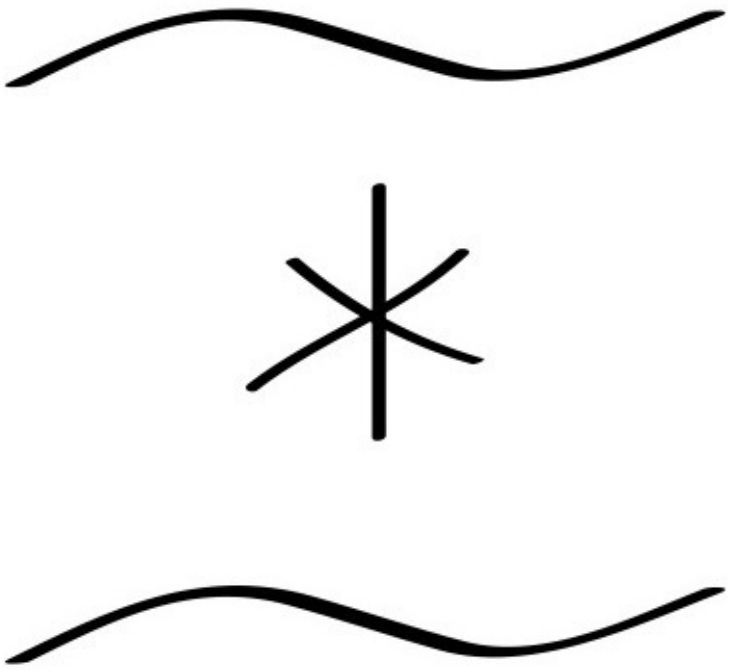
Let this smile come from deep within, from your spirit and soul! A smile of satisfaction and fulfillment! A smile of wholeness and completeness! A smile full of light and love!

Smile more! Smile and radiate! Smile and illuminate! Smile and empower! Smile and attract! Smile and heal! Smile and uplift! Smile and experience! Smile more and more each day; smile more here and now.

Joy is abundance and abundance is joy. Smiling is their on-switch and a smile is their symbol.

ABUNDANCE OF LIGHT

ENERGY SYMBOL



Abundance of Light

It brings in more light.

ENERGY HEALING AFFIRMATION

I Light my Abundance.

ENERGY HEALING INVOCATION

I Light my Abundance.
I choose it, I will it, and I am directed towards it.

I Light my Abundance.
It's so simple, easy, and natural for me!

I Light my Abundance.
It is done immediately and from deep within!

I Light my Abundance.
Wholly, completely, and perfectly!

I Light my Abundance.
Every moment and in the here and now!

I Light my Abundance.
Every single day; more and more each day!

I Light my Abundance.
In the highest, greatest, and brightest way.

I Light my Abundance.
On every level of myself and my being!

I Light my Abundance.
On all levels of myself and my being!

I Light my Abundance.
In every area and aspect of life!

I Light my Abundance.
In all areas and aspects of life!

I Light my Abundance.
Awakened, conscious, and in full awareness!

I Light my Abundance.
With love, joy, respect, appreciation, and gratitude!

I Light my Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Light Your Abundance

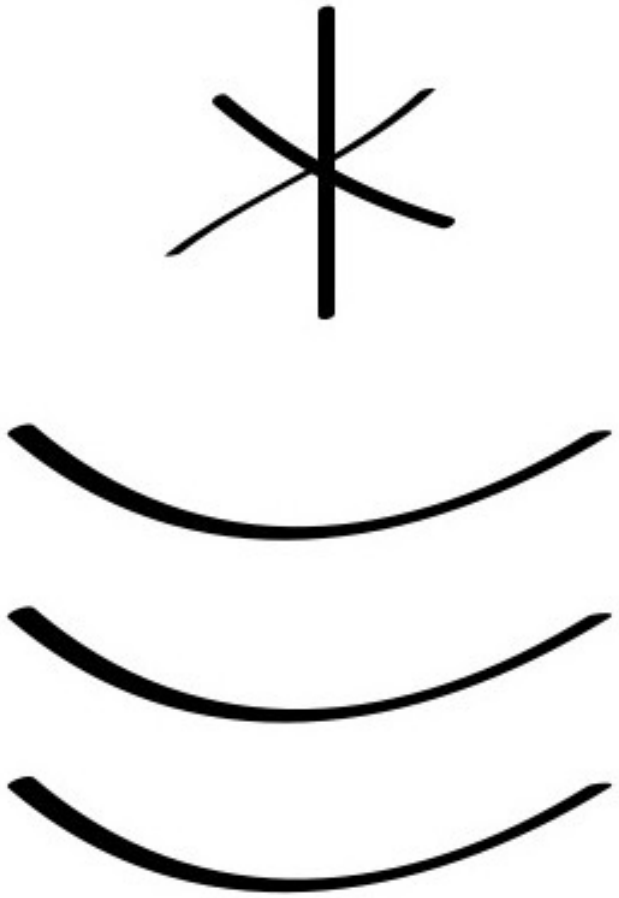
Light a candle and as you do so, dedicate it to abundance.

Gaze at its warm flame, its wonderful light. Relax into it for a few moments. Feel its energy surrounding you, permeating you, filling you up. Its warm, golden-white light. Pure abundance and wellbeing.

Continue watching it for a few minutes and then close your eyes and relax fully into this blissful state.

ABUNDANCE OF GRATITUDE

ENERGY SYMBOL



Abundance of Gratitude

It increases gratitude.

ENERGY HEALING AFFIRMATION

I Feel the Abundance of Gratitude.

ENERGY HEALING INVOCATION

I Feel the Abundance of Gratitude.
I choose it, I will it, and I am directed towards it.

I Feel the Abundance of Gratitude.
It's so simple, easy, and natural for me!

I Feel the Abundance of Gratitude.
It is done immediately and from deep within!

I Feel the Abundance of Gratitude.
Wholly, completely, and perfectly!

I Feel the Abundance of Gratitude.
Every moment and in the here and now!

I Feel the Abundance of Gratitude.
Every single day; more and more each day!

I Feel the Abundance of Gratitude.
In the highest, greatest, and brightest way.

I Feel the Abundance of Gratitude.
On every level of myself and my being!

I Feel the Abundance of Gratitude.
On all levels of myself and my being!

I Feel the Abundance of Gratitude.
In every area and aspect of life!

I Feel the Abundance of Gratitude.
In all areas and aspects of life!

I Feel the Abundance of Gratitude.
Awakened, conscious, and in full awareness!

I Feel the Abundance of Gratitude.
With love, joy, respect, appreciation, and gratitude!

I Feel the Abundance of Gratitude.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Gratitude

Feel gratitude and give thanks. Thanks for everything you are, the totality of you. And for everything you have in your life. For everything you have experienced. Thanks for all positive and negative things, for all the gifts and the obstacles, for all the good, happy moments, as well as the difficult and challenging ones.

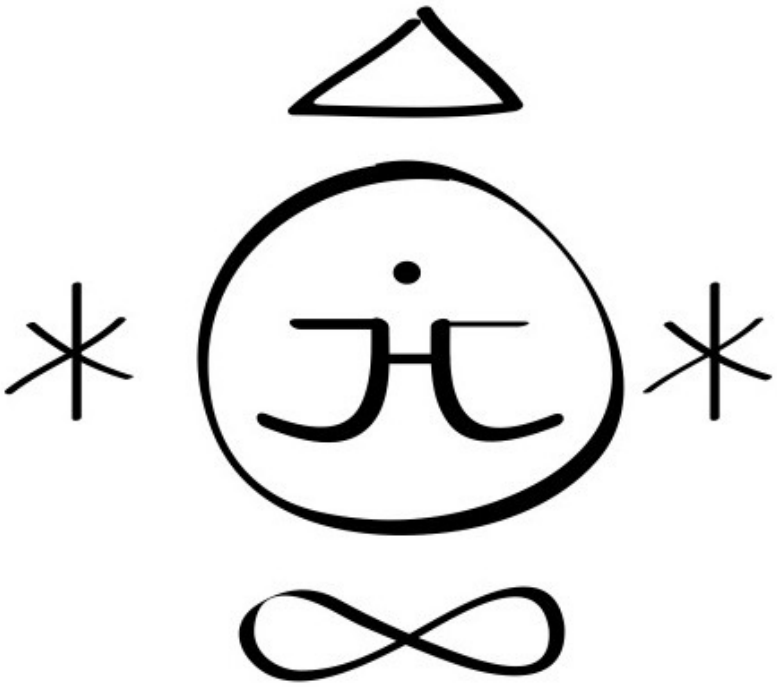
Sincerely and from deep within, give thanks for all things, thanks for everything. You have learned from all these things; you have grown due to all these situations; all these conditions have made you who you are. You have learned from everything, you have grown and you have become you, both from positive and negative conditions, pleasant and unpleasant moments, higher and lower things, lighter and darker elements.

Bring all things into your loving awareness; bring them all into your thankfulness. Awareness, appreciation, understanding, thankfulness, and gratitude elevate and uplift all things. It is the most healing thing you can do.

Feel the deepest appreciation and gratitude; give thanks sincerely and with the greatest love, and you will be moved to the next level of abundance!

ANGELIC ABUNDANCE

ENERGY SYMBOL



Angelic Abundance

It brings the Angels' abundance into your space.

ENERGY HEALING AFFIRMATION

I Surround All with Angelic Abundance.

ENERGY HEALING INVOCATION

I Surround All with Angelic Abundance.
I choose it, I will it, and I am directed towards it.

I Surround All with Angelic Abundance.
It's so simple, easy, and natural for me!

I Surround All with Angelic Abundance.
It is done immediately and from deep within!

I Surround All with Angelic Abundance.
Wholly, completely, and perfectly!

I Surround All with Angelic Abundance.
Every moment and in the here and now!

I Surround All with Angelic Abundance.
Every single day; more and more each day!

I Surround All with Angelic Abundance.
In the highest, greatest, and brightest way.

I Surround All with Angelic Abundance.
On every level of myself and my being!

I Surround All with Angelic Abundance.
On all levels of myself and my being!

I Surround All with Angelic Abundance.
In every area and aspect of life!

I Surround All with Angelic Abundance.
In all areas and aspects of life!

I Surround All with Angelic Abundance.
Awakened, conscious, and in full awareness!

I Surround All with Angelic Abundance.
With love, joy, respect, appreciation, and gratitude!

I Surround All with Angelic Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Spiritual Guidance on Issues

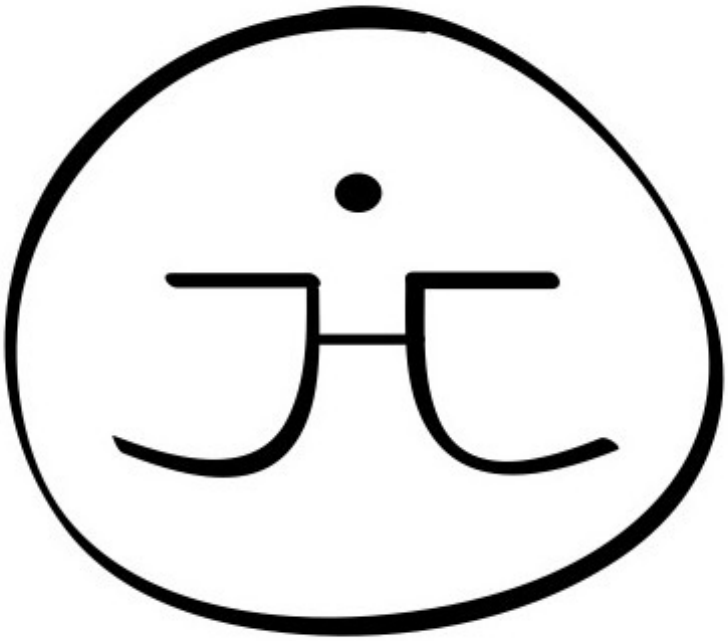
Bring into your mind an issue that concerns you and mentally ask for guidance and healing from the Highest Angels of the Divine.

Do it from your heart, do it with your soul, and with the greatest love.

Is this possible? Can you believe that this can really happen? Be willing and courageous and take a leap of faith! Let the Highest Angels of the Divine guide you and heal the issue of concern!

DIVINE ABUNDANCE

ENERGY SYMBOL



Divine Abundance

It supports you to connect to the abundance of the Divine.

ENERGY HEALING AFFIRMATION

I Am One with Divine Abundance.

ENERGY HEALING INVOCATION

I Am One with Divine Abundance.
I choose it, I will it, and I am directed towards it.

I Am One with Divine Abundance.
It's so simple, easy, and natural for me!

I Am One with Divine Abundance.
It is done immediately and from deep within!

I Am One with Divine Abundance.
Wholly, completely, and perfectly!

I Am One with Divine Abundance.
Every moment and in the here and now!

I Am One with Divine Abundance.
Every single day; more and more each day!

I Am One with Divine Abundance.
In the highest, greatest, and brightest way.

I Am One with Divine Abundance.
On every level of myself and my being!

I Am One with Divine Abundance.
On all levels of myself and my being!

I Am One with Divine Abundance.
In every area and aspect of life!

I Am One with Divine Abundance.
In all areas and aspects of life!

I Am One with Divine Abundance.
Awakened, conscious, and in full awareness!

I Am One with Divine Abundance.
With love, joy, respect, appreciation, and gratitude!

I Am One with Divine Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

The Law of Ten Percent

"The Law of Ten Percent" is one of the highest Universal Spiritual Laws of Abundance which guarantees natural flow and balance.

Offer ten percent of your income to those in need, or to a good and selfless cause. Not ten percent of your profit or surplus, but ten percent of the total income you receive every month or year. Do it honestly and humbly, from deep within and with the greatest respect and love.

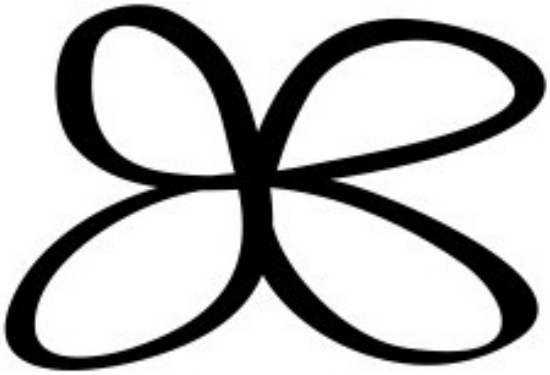
Calculate ten percent of your total income, either monthly or yearly. Find people in need or good causes to donate this money to. Make sure you give this money with love and joy. Not because you have to, but because you want to, because it is the natural thing to do, the highest, the greatest, and most enlightened choice.

Act from a place of inner wealth, generosity, and abundance. The "10%" is the Universal Spiritual Law of Balance and Justice that permits and guarantees your continuous Abundance!

"Give and you shall receive."

ABUNDANCE OF HEALING

ENERGY SYMBOL



Abundance of Healing

It supports healing.

ENERGY HEALING AFFIRMATION

I Illuminate All with Abundance.

ENERGY HEALING INVOCATION

I Illuminate All with Abundance.
I choose it, I will it, and I am directed towards it.

I Illuminate All with Abundance.
It's so simple, easy, and natural for me!

I Illuminate All with Abundance.
It is done immediately and from deep within!

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Wholly, completely, and perfectly!

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Every single day; more and more each day!

I Illuminate All with Abundance.
In the highest, greatest, and brightest way.

I Illuminate All with Abundance.
On every level of myself and my being!

I Illuminate All with Abundance.
On all levels of myself and my being!

I Illuminate All with Abundance.
In every area and aspect of life!

I Illuminate All with Abundance.

In all areas and aspects of life!

I Illuminate All with Abundance.
Awakened, conscious, and in full awareness!

I Illuminate All with Abundance.
With love, joy, respect, appreciation, and gratitude!

I Illuminate All with Abundance.
For the Highest Good of All!

ENERGY HEALING PRACTICE

Fill Everything with Abundance

Relax for a few moments and visualize the bright energy of abundance surrounding you. See and feel it permeating and filling your energetic field, your aura, and your body. Fill your body with its bright life energy. Life, Light, Love, Prosperity, Wellbeing, Joy!

Now, bring your family in mind. Visualize the bright energy of abundance surrounding your family. See and feel it permeating and filling the energetic field of your family as a whole. Fill your family with its bright life energy. Life, Light, Love, Prosperity, Wellbeing, Joy!

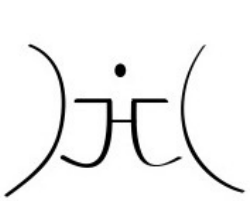
Do the same with your partner, friends, and associates. The bright energy of abundance surrounds and fills your close ones. Life, Light, Love, Prosperity, Wellbeing, Joy!

Now fill the whole of humanity with this energy. The bright energy of abundance surrounds and fills everyone, the whole of humanity. Life, Light, Love, Prosperity, Wellbeing, Joy!

Do the same with all life forms, plants, and animals. The bright energy of abundance surrounds and fills them all. Life, Light, Love, Prosperity, Wellbeing, Joy!

Wish the highest good to all!

TABLE OF ALL THE SYMBOLS OF ABUNDANCE



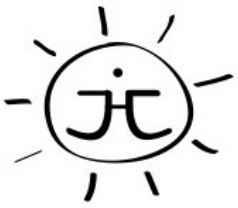
UNLIMITED ABUNDANCE

DEEPER ABUNDANCE

ABUNDANCE OF TRUST

ABUNDANCE OF THE SOURCE

ABUNDANCE OF LOVE



AURA OF ABUNDANCE

NEW ABUNDANCE

ABUNDANCE CONSCIOUSNESS

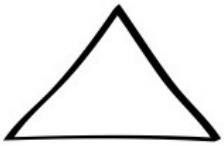
ABUNDANCE TRANSCENDENCE

ABUNDANCE WORTH

ABUNDANCE RIGHTS

ABUNDANCE APPRECIATION

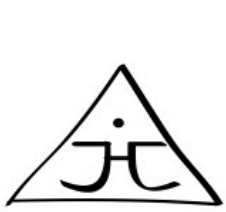
MULTIDIMENSIONAL ABUNDANCE



SPIRITUAL ABUNDANCE

PURE ABUNDANCE

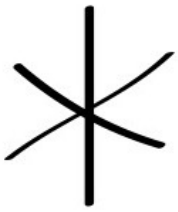
INCREASE OF ABUNDANCE



ESSENCE OF ABUNDANCE

WORLD ABUNDANCE

ENERGY OF ABUNDANCE



BLESSINGS OF ABUNDANCE

ABUNDANCE OF COMPASSION

CREATIVE ABUNDANCE

ABUNDANCE OF FREEDOM

ABUNDANCE IN WORK

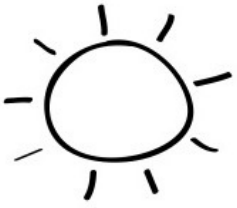
ACTIVATION OF ABUNDANCE

POSITIVE ABUNDANCE

OPENING OF ABUNDANCE

MANIFESTATION OF ABUNDANCE

GUIDANCE OF ABUNDANCE

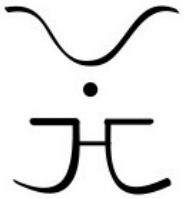


HEALING OF ABUNDANCE

DOMINANCE OF ABUNDANCE

HIGHER ABUNDANCE

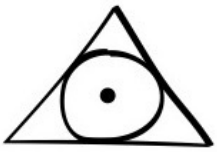
POWER OF ABUNDANCE



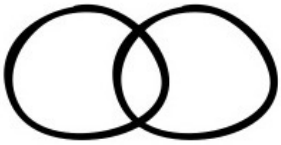
ABUNDANCE OF FAITH

GIFTS OF ABUNDANCE

ABUNDANCE AWAKENING



TRUE ABUNDANCE



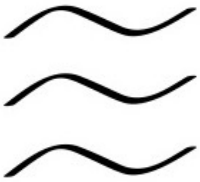
IN HARMONY WITH ABUNDANCE

UNIVERSAL LAW OF ABUNDANCE

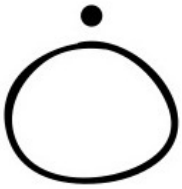
ABUNDANCE OF CARE

CHOICE OF ABUNDANCE

ABUNDANCE OF NON-ATTACHMENT



PURIFICATION OF ABUNDANCE

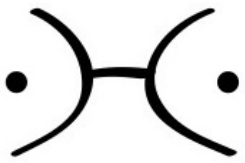


AWARENESS OF ABUNDANCE

CONNECTION TO ABUNDANCE

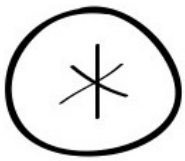
FLOW OF ABUNDANCE

POSITIVE CHANGE OF ABUNDANCE

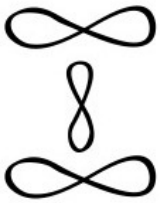


TRANSMISSION OF ABUNDANCE

CHARISMA OF ABUNDANCE



INNER MEANING OF ABUNDANCE



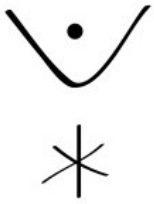
EVOLUTION OF ABUNDANCE

LEAP OF ABUNDANCE

NATURAL ABUNDANCE

EXPERIENCE OF ABUNDANCE

CRYSTALS OF ABUNDANCE

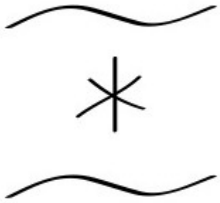


OPPORTUNITIES OF ABUNDANCE

ACCEPTANCE OF ABUNDANCE

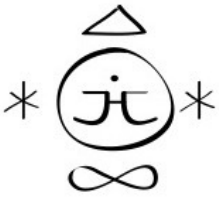
DISCOVERY OF ABUNDANCE

ABUNDANCE OF JOY



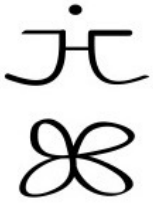
ABUNDANCE OF LIGHT

ABUNDANCE OF GRATITUDE



ANGELIC ABUNDANCE

DIVINE ABUNDANCE



ABUNDANCE OF HEALING

Also by Georgios Mylonas (Geom!*)

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